

This second edition of the highly successful Helping Children to Build Self-Esteem is packed with fun and effective activities to help children develop and maintain healthy self-esteem. New and updated material has been added including a section on running parent groups alongside children's groups, as well as a brand new layout, fresh illustrations, an expanded theoretical section and extra activities. Based on the author's extensive clinical experience, this activities book will equip and support teaching staff, therapists and carers in encouraging feelings of competence and self-worth in children and their families. It is primarily designed for use with individuals and groups of children aged 7-11, but the ideas can easily be adapted for both older and younger children and children with learning difficulties. This fully photocopiable resource is invaluable for anyone looking for creative, practical ways of nurturing self-esteem in children.

Newly updated edition of the highly successful core text for using cognitive behaviour therapy with children and young people The previous edition of Think Good, Feel Good was an exciting, practical resource that pioneered the way mental health professionals approached Cognitive Behaviour Therapy with children and young people. This new edition continues the work started by clinical psychologist Paul Stallard, and provides a range of flexible and highly appealing materials that can be used to structure and facilitate work with young people. In addition to covering the core elements used in CBT programmes, it incorporates ideas from the third wave CBT therapies of mindfulness, compassion focused therapy and acceptance and commitment therapy. It also includes a practical series of exercises and worksheets that introduce specific concepts and techniques. Developed by the author and used extensively in clinical practice, Think Good, Feel Good, Second Edition: A CBT Workbook for Children and Young People starts by introducing readers to the origin, basic theory, and rationale behind CBT and explains how the workbook should be used. Chapters cover elements of CBT including identifying thinking traps; core beliefs; controlling feelings; changing behaviour; and more. Written by an experienced professional with all clinically tested material Fully updated to reflect recent developments in clinical practice Wide range of downloadable materials Includes ideas for third wave CBT, Mindfulness, Compassion Focused Therapy and Acceptance and Commitment Therapy Think Good, Feel Good, Second Edition: A CBT Workbook for Children and Young People is a "must have" resource for clinical psychologists, child and adolescent psychiatrists, community psychiatric nurses, educational psychologists, and occupational therapists. It is also a valuable resource for those who work with young people including social workers, school nurses, practice counsellors, teachers and health visitors.

As seen on ITV in the Zoe Ball Book Club 'Beautifully written, thought-provoking and completely charming.' Ruth Hogan 'Mike Gayle is the king of touching, human stories, and this big-hearted book is his best yet' Heat, 5* This is the stunning new novel from bestselling author Mike Gayle, for fans of The Keeper of Lost Things and Eleanor Oliphant is Completely Fine. A powerful and bittersweet story of an unexpected male friendship and an unlikely love story, a thought provoking storyline told with Mike's distinctive wit and insight, touching on issues which affect us all. This uplifting tale reminds us of the simple courage at the heart of every human being. Ever since The Incident, James DeWitt has stayed on the safe side. He likes to know what happens next. Danny Allen is not on the safe side. He is more past the point of no return. The past is about to catch up with both of them in a way that which will change their lives forever, unexpectedly. But redemption can come in the most unlikely ways. Look out for Mike's new novel, Half a World Away, available to pre-order now! ***** Praise for The Man I Think I Know 'Beautifully written, thought-provoking and completely charming. . . reminds us that the everyday things we take for granted without realising how precious they are, can be snatched away in an instant with catastrophic consequences' Ruth Hogan 'That rarest of things; a moving, beautifully written novel about male friendship . . . I absolutely loved it' Lisa Jewell 'Mike is always wise and wonderful, but this is a whole new departure for him - read it!' Jenny Colgan 'You'll be both laughing and on the edge of tears with this brilliant read' Fabulous magazine ***** Readers are raving about this book! 'This is one of those books that is tugging on your heartstrings one moment and has you laughing out loud the next - another stunning plot line and narrative from Mike Gayle.' 'I loved the narrative and I left this novel feeling totally uplifted. . . I now feel like there is some hope in the world!' 'This book is sad, funny, quirky, touching, heartbreaking but - and this is going to sound totally cliched and corny - life affirming.'

Fahrenheit 451

A Workbook for Managing Anxiety and Depression

Bringing the World Wide Web to Its Full Potential

Why It's So Hard for White People to Talk About Racism

A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties