Resources

Resources for High Intensity Therapist courses

Diabetes

- **Resource:** Adapting to living with diabetes
- **Evidence:** Motivational enhancement therapy with and without cognitive behaviour therapy to treat type 1 diabetes: a randomized trial

- **Resource:** Diabetes UK
  - Emotional and psychological support for people with diabetes position statement
  - 15 Healthcare Essentials which lists receiving emotional and psychological support
  - Diabetes and Mood Information Prescription
- **Resource:** Three Dimensions of Care for Diabetes case study
- **Resource:** www.diabetesinhealthcare.co.uk - free online introductory course for healthcare professionals who are not specialists in diabetes but want to know more about the condition
- **Resource:** NHS choices (Diabetes)
- **Resource:** Emedicine covers both type 1 and type 2 diabetes

Chronic fatigue syndrome (CFS) and myalgic encephalomyelitis (ME)

- **Resource:** Manual for Therapists: Cognitive behaviour therapy for CFS/ME
- **Resource:** Manual for Participants: Cognitive behaviour therapy for CFS/ME
- **Resource:** Overcoming Chronic Fatigue: a self-help guide using Cognitive Behavioural Techniques
  Constable & Robinson Ltd.
- **Evidence:** Comparison of adaptive pacing therapy, cognitive behaviour therapy, graded exercise therapy, and specialist medical care for chronic fatigue syndrome (PACE): a randomised trial
  White PD, Goldsmith KA, Johnson AL, Potts L, Walwyn R, DeCesare JC, et al. Lancet. 2011;377(9768):823-36. doi.org/10.1016/S0140-6736(11)60096-2
- **Resource:** Manual for Therapists: Graded Exercise Therapy for CFS/ME
- **Resource:** Graded Exercise Therapy: Information for Participants
- **Evidence:** Comparison of adaptive pacing therapy, cognitive behaviour therapy, graded exercise therapy, and specialist medical care for chronic fatigue syndrome (PACE): a randomised trial
  White PD, Goldsmith KA, Johnson AL, Potts L, Walwyn R, DeCesare JC, et al. Lancet. 2011;377(9768):823-36. doi.org/10.1016/S0140-6736(11)60096-2
Resources

Panic disorder

- **Resource:** Panic Disorder Manual


Chronic Pain

- **Resource:** The Pain Management Plan: how people living with pain found a better life. The things that helped them and the things that set them back

- **Resource:** Cognitive-Behavioral Therapy for Individuals with Chronic Pain: Efficacy, Innovations, and Directions for Research

- **Resource:** Interdisciplinary Chronic Pain Management: Past, Present, and Future

- **Resource:** CBT for Managing Non-cardiac Chest Pain An Evidence-based Guide

- **Resource:** Understanding pain in less than five minutes?

- **Resource:** E-pain
  Faculty of Pain Medicine and British Pain Society (2013)

- **Resource:** Overcoming Chronic Pain: a self-help guide using cognitive behavioural techniques

- **Resource:** Living well with Pain and illness: The mindful way to free yourself from suffering

- **Resource:** Living beyond your pain: using acceptance and commitment therapy to ease chronic pain

- **Resource:** Painful Yarns: Metaphors and Stories to Help Understand the Biology of Pain

Irritable bowel syndrome

- **Resource:** Regul8: A self-management programme for IBS, patient manual

- **Resource:** Regul8: A self-management programme for IBS, therapist manual
  Chalder T., Windgassen S., Sibelli A., Burgess M., Moss-Morris R.

- **Evidence:** Cognitive behaviour therapy in addition to antispasmodic treatment for irritable bowel syndrome in primary care: randomised controlled trial

- **Evidence:** A randomised controlled trial of a cognitive behavioural therapy based self-management intervention for irritable bowel syndrome (IBS) in primary care

• **Resource:** Reclaim your life from IBS  

• **Evidence:** *Empirical Support for a Self-help Treatment for IBS*  

• **Evidence:** *Brief cognitive-behavioral internet therapy for irritable bowel syndrome.*  

• **Evidence:** *Development and validation of the GI-Cognitions Questionnaire*  

• **Evidence:** *A mixed methods feasibility study to evaluate the use of a low-intensity, nurse-delivered cognitive behavioural therapy for the treatment of irritable bowel syndrome.*  

**Medically Unexplained Symptoms (MUS)**

• **Resource:** Overcoming Functional neurological symptoms: a five areas approach.  
  *Chris Williams and colleagues. ISBN: 978-1-444-13834-4 Taylor and Francis. London*

• **Evidence:** *Guided self-help for functional (psychogenic) symptoms: A randomized controlled efficacy trial*  
  *M. Sharpe, M., Walker, J., C. Williams, et al. (2011). Neurology. DOI 10.1212/WNL.0b013e318228c0c7*

**Long term conditions/Chronic illness**

• **Resource:** Cognitive Behavioural Therapy for chronic illness and palliative care: A workbook and toolkit  
  *Sage, N., Sowden, M., Chorlton, E., & Edeleanu, A. (2013). John Wiley & Sons*

• **Resource:** Cognitive Behaviour Therapy for Chronic Medical Problems  

  *Hachette UK*

• **Resource:** Reclaim your life.  

**Health anxiety**

• **Resource:** Overcoming Health Anxiety  

**Chronic obstructive pulmonary disease**

• **Resource:** *The British Lung Foundation*
• **Resource:** *NHS choices (COPD)*
• **Resource:** *The European lung foundation*
Coronary heart disease

- **Resource:** [British heart foundation](https://www.bhf.org.uk)
- **Resource:** [NHS Choices (Coronary heart disease)](https://www.nhs.uk)

Multiple Sclerosis

Multiple Sclerosis (MS) is not a condition that is included in the long term conditions curriculum, but this manual is included as a reference because it describes an intervention that has been researched and its utility evidenced; as such it may be a helpful resource for services that receive referrals of clients with MS.

- **Resource:** [Supportive Adjustment for Multiple Sclerosis: an eight week cognitive behavioural therapy (CBT) programme manual](https://www.mos-morris.org.uk)
  
  Moss-Morris R., Dennison L., Chalder T. (2010)?

- **Resource:** [Coping when somebody close to you has MS: A booklet for partners, relatives or friends](https://www.mos-morris.org.uk)
  

- **Evidence:** [A randomized controlled trial of cognitive behavioral therapy (CBT) for adjusting to multiple sclerosis (the saMS trial): does CBT work and for whom does it work?](https://www.ncbi.nlm.nih.gov/pubmed/23805013)
  