

Resources

Resources for High Intensity Therapist courses

Diabetes

- **Resource:** [Adapting to living with diabetes](#)
Chalder, T., Roche, S., & Ismail, K. (2004)
- **Evidence:** [Motivational enhancement therapy with and without cognitive behaviour therapy to treat type 1 diabetes: a randomized trial](#)
Ismail, K., Thomas, S. M., Maissi, E., Chalder, T., Schmidt, U., Bartlett, J., Patel, A., Dickens, C.M., Creed, F. & Treasure, J. (2008). Annals of internal medicine, 149(10), 708-719
- **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](#)
Burgess, M. & Chalder, T. (2004)
- **Resource:** [Manual for Participants: Cognitive behaviour therapy for CFS/ME](#)
Burgess, M. & Chalder, T. (2004)
- **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](#)
Bavinton J., Darbishire L., White P.D. (2004)
- **Resource:** [Graded Exercise Therapy: Information for Participants](#)
Bavinton J., Dyer N., & White P.D. (2004)
- **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

Panic disorder

- **Resource:** [Panic Disorder Manual](#)
Clark, D.M. & Salkovskis, P.M. (2009)
- **Resource:** Cognitive Behaviour Therapy: A Practical Guide (2nd Edition)
Hawton, K., Salkovskis, P.M., Kirk, J. & Clark, D.M. (Eds). Oxford: Oxford University Press

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](#)
Lewin, R. (2010)
- **Resource:** [Cognitive-Behavioral Therapy for Individuals with Chronic Pain: Efficacy, Innovations, and Directions for Research](#)
Ehde, D., Dillworth, T., & Turner, J. (2014). American Psychologist, 69(2) 153-166
- **Resource:** [Interdisciplinary Chronic Pain Management: Past, Present, and Future](#)
Gatchel, R., McGeary, D., McGeary C., & Lippe, B. (2014). American Psychologist, 69(2), 119-130.
- **Resource:** CBT for Managing Non-cardiac Chest Pain An Evidence-based Guide
Marks E., Hunter, M. & Chambers, J. (2017). Routledge
- **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
Cole, F., Macdonald, H., Carus, C., & Howden-Leach, H. (2005). Robinson Publishing - ISBN-10: 1841199702
- **Resource:** Living well with Pain and illness: The mindful way to free yourself from suffering
Burch, V. (2008) Piatkus Books - ISBN: 0749928603
- **Resource:** Living beyond your pain: using acceptance and commitment therapy to ease chronic pain
Lundgren, T. & Dahl, J. (2006). New Harbinger Publications -ISBN-10: 1572244097
- **Resource:** Painful Yarns: Metaphors and Stories to Help Understand the Biology of Pain
Moseley, G.L. (2008). Dancing Giraffe Press - ISBN-10: 0980358809

Irritable bowel syndrome

- **Resource:** [Regul8: A self-management programme for IBS, patient manual](#)
Moss-Morris, R., Sibelli, A., Windgassen, S., Didsbury, L., & Chalder, T.
- **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](#)
Kennedy, T., Jones, R., Darnley, S., Seed, P., Wessely, S., & Chalder, T. (2005). BMJ. 2005;331(7514):435-7. doi.org/10.1136/bmj.38545.505764.06
- **Evidence:** [A randomised controlled trial of a cognitive behavioural therapy based self-management intervention for irritable bowel syndrome \(IBS\) in primary care](#)
Moss-Morris, R., Bogalo, L., Didsbury, L.P., & Spence, M.J. (2010). Psychological Medicine. 40(1) 85-94. DOI:10.1017/S0033291709990195
- **Evidence:** [Assessing Cognitive behavioural Therapy in Irritable Bowel \(ACTIB\): protocol for a randomised controlled trial of clinical-effectiveness and cost-effectiveness of therapist delivered cognitive behavioural therapy and web-based self-management in irritable bowel syndrome in adults.](#)
Everitt, H., Landau, S., Little, P., Bishop, F.L., McCrone, P., O'Reilly, G. et al. (2015). BMJ Open. 5(7), ARTN e008622. doi:10.1136/bmjopen-2015-008622

- **Resource:** Reclaim your life from IBS
Hunt, M.G. (2016). Sterling: New York
- **Evidence:** [Empirical Support for a Self-help Treatment for IBS](#)
Hunt, M. G., Ertel, E., Coello, J. A., & Rodriguez, L. (2015). Cognitive Therapy and Research, 39(2), 215-227
- **Evidence:** [Brief cognitive-behavioral internet therapy for irritable bowel syndrome.](#)
- [Behaviour research and therapy](#)
Hunt, M. G., Moshier, S., & Milonova, M. (2009). 47(9), 797-802
- **Evidence:** [Development and validation of the GI-Cognitions Questionnaire](#)
Hunt, M. G., Ertel, E., Coello, J. A., & Rodriguez, L. (2014). Cognitive therapy and research, 38(4), 472-482.
- **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.](#)
Dainty, A. D., Fox, M., Lewis, N., Hunt, M., Holtham, E., Timmons, S, & Callaghan, P. (2014). BMJ open, 4(6), e005262

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
White, C. (2001). Chichester: Wiley
- **Resource:** A self-help chapter on 'Depression in physical illness' by Moorey, Burn and Snowden in: Brosan, L., & Westbrook, D. (2015). The Complete CBT Guide for Depression and Low Mood: A comprehensive self-help guide for people with depression and low mood that also offers invaluable advice for families and other supporters.
Hachette UK.
- **Resource:** Reclaim your life.
Chris Williams. ISBN: 9787906564-88-9. Five Areas, Glasgow.

Health anxiety

- **Resource:** Overcoming Health Anxiety
Willson, R., & Veale, D. (2009). Robinson.

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](#)
- **Resource:** [NHS Choices \(Coronary heart disease\)](#)

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](#)
Moss-Morris R., Dennison L., Chalder T. (2010)?
- **Resource:** [Coping when somebody close to you has MS: A booklet for partners, relatives or friends](#)
Moss-Morris R., Dennison L., Chalder T. (2010)
- **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?](#)
Moss-Morris, R., Dennison, L., Landau, S., Yardley, L., Silber, E., & Chalder, T. (2013). Journal of consulting and clinical psychology, 81(2), 251