

Recommended Reading List For Cognitive Therapists



Primary Manual:

Beck, J. S. (1995). *Cognitive therapy: Basics and beyond*. New York: Guilford Press.

Additional Readings:

Beck, A.T. (1976). *Cognitive therapy and the emotional disorders*.
New York: International Universities Press.

Beck, A.T. (1991). *Cognitive therapy: A 30-year retrospective*.
American Psychologist, 46, 368-375.

Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). *Cognitive Therapy of Depression*.
New York: Guilford Press.

Freeman, A. & Dattilio, F.M. (Eds.) (1992). *Comprehensive Casebook of Cognitive Therapy*.
New York: Plenum Press.

Scott, J., Williams, J.M.G., & Beck, A.T. (Eds.). (1989).
Cognitive Therapy in Clinical Practice: An Illustrative Casebook. New York: Routledge.

Wright, J.W. & Basco, M. (2001). *Getting Your Life Back: The Complete Guide to Recovering from Depression*.
New York: The Free Press.

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Please also see Client Recommended Readings.

