



**CBT Worksheets: CBT Worksheets for CBT
Therapists in Training: Formulation Worksheets,
Padesky Hot Cross Bun Worksheets, Thought
Records, Thought ... Worksheets and CBT
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Dr James Manning, Nicola Ridgeway

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This book is designed for CBT therapists in training and for CBT therapists who would like a readily accessible portfolio of worksheets. You are welcome to photocopy the sheets in this book and to hand them out to your clients. We have included a range of exercises and diaries so that you can choose the worksheets that you think are most relevant for specific problems that you are working with.

In many cases we have included explanations of exercises and examples of completed worksheets. We have also included a range of handouts that you can offer clients before or after your CBT sessions.

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Crystal Scott:

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