

Advance Information for Winter Workshop

Excerpts from our Winter Workshop Recommended Readings Section



We want you to have the best learning experience possible at the Winter Workshop. Our goal is to see that you are exposed to ideas, techniques and principles that are **immediately useful** to you when you return home. Since we cover a great deal of material in this workshop, you are better able to comprehend, assimilate and integrate this information when you are familiar with cognitive therapy concepts and techniques.

We feel it is important that you have read some of the books on our recommended reading list prior to attending. We make these recommendations based on years of teaching this workshop to a wide variety of clinicians. Our previous attendees have found these books very helpful as part of their preparation for Winter Workshop and agree that "to maximize your learning experience, to make the best use of this small group size, and prior to attending the workshop, read some good basic texts in cognitive therapy [on depression, anxiety and the personality disorders]."

RECOMMENDED READINGS

Attendees need to be familiar with the writings of Aaron T. Beck, M.D., founder of Cognitive Therapy. The **BECK CLASSICS** remain a valuable source of first rate knowledge.

To order, use our direct link:

www.padesky.com/current_readings.htm

- **Cognitive Therapy of Depression.** 1979, Beck, Rush, Shaw & Emery. Guilford Press.
- **Anxiety Disorders and Phobias.** 1985, Beck & Emery with Greenberg. Basic Books.
- **Cognitive Therapy of Personality Disorders.** Beck et al. Guilford Press. 2nd edition 2004.

ALSO, at www.padesky.com/ct_books.htm

- **Mind Over Mood.** 1995, Greenberger & Padesky. Guilford Press. For additional clinical illustrations and methods.
- **Clinician's Guide to Mind Over Mood.** 1995, Padesky with Greenberger. Guilford Press. For detailed cognitive therapy treatment protocols and troubleshooting tips.

HOW TO ORDER BOOKS

Try direct ordering using our web links (USA addresses only). Then click on the cover of the book you are interested in to link you directly with that title. If you use our web site direct links, we receive a small compensation from Amazon that we use to help maintain our web site, for which we are grateful.

PREVIOUS ATTENDEE SUGGESTIONS

Previous attendees suggested we recommend audiotapes in addition to our book list recommendations. Although we do not feel it is necessary to preview these tapes prior to the workshop, we think the following three audiotapes provide excellent exposure to the ideas we cover in Winter Workshop.

To learn more about or order these training tapes, visit our web site Training Tapes section:

www.padesky.com/tape_pdf_cat.htm

- **AudioTape #DEP1:** *Cognitive Therapy of Depression: Foundations and Innovations*
- **AudioTape #BEHX:** *Behavioral Experiments: Testing the Rules the Bind*
- **AudioTape #CTPD9:** *The Continuum and Positive Data Log*

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