

Litteraturliste PROPSY312a Høsten 2018

Følgende fargekode er benyttet:

1. UiB betaler alt for ressursen – finnes gjennom søk i Oria
2. Boken må kjøpes, ev. lånes på biblioteket
3. Artikkelen/bokseksjonen vil bli å få kjøpt i Litteraturkiosken.no

Litteratur Kognitiv Atferdsterapi (CBT) PROSPY312A høsten 2018:

GRUNNLEGGENDE PRINSIPPER OG MODELLER

Hofmann, S. G. (2012). *An Introduction to Modern CBT: Psychological Solutions to Mental Health Problems (1st Edition)*. Kap. 1 (s 1-22)

Kennerly, Kirk & Weestbrook, 2017. *An introduction to cognitive behaviour therapy: Skills and applications (3. utg)*. Sage Publications. Kap 1 (s. 1-23), Kap. 7, Socratic Methods (s. 149-178), Kap. 8, Cognitive Techniques (s 179-214).

SOSIAL ANGST

Borge, F. M., & Hoffart, A. (2015). Sosial angstlidelse (kap 7). I Berge, T. & Repål, A. (red.). *Håndbok i kognitiv terapi (2. utg)*. Oslo: Gyldendal Akademisk. (s115-128)

Kennerly, Kirk & Weestbrook, 2017. *An introduction to cognitive behaviour therapy: Skills and applications (3. utg)*. Sage Publications. Kap 9 Behavioral Experiments, (s. 215-230).

SPISEFORSTYRRELSER

Fairburn, C.G, Harrison, P.J. (2003). Eating Disorders. Seminar. *Lancet*, Vol.361, No. 9355, p. 407-416.

Fairburn, C.G. (2008). *Cognitive behavior therapy and eating disorders*. New York: Guilford Press. Kap. 2, 3,5 ,6, 8, 9,10 og 11 (s. 7-22, 23-35, 47-73, 73-89, 96-123, 124-182)

Lock, J., Le Grange, D. (2013). *Treatment Manual for Anorexia Nervosa. A family-based Approach, 2nd Ed*. New York: Guilford Press. Kap 1 og 2 (s.3-29).

ACT:

Hayes, Luoma, Bond, Masuda, & Lillis (2006). Acceptance and Commitment Therapy: Model, processes and outcomes. *Behaviour Research and Therapy*, 44, 1-25.

A-Tjak, Davis, Maiese, Powers, Smits, & Emmelkamp (2015). A meta-analysis of the efficacy of Acceptance and Commitment Therapy for clinically relevant mental and physical health problems. *Psychotherapy and Psychosomatics*, 84, 30-36.

Öst, L. G. (2014). The efficacy of Acceptance and Commitment Therapy: An updated systematic review and meta-analysis. *Behaviour Research and Therapy*, 61, 105-121.

SØVN:

Pallesen, S., & Bjorvatn, B. (2016). Søvnlidelser. I R. Hagen & L. E. O. Kennair (red.), *Psykiske lidelser* (ss. 198-219). Oslo: Gyldendal akademisk.

Aurora, R. N. et al. (2010). Best practice guide for treatment of nightmare disorders in adults. *Journal of Clinical Sleep Medicine*, 6(4), 389-401.

Bjorvatn, B., & Pallesen, S. (2009). A practical approach to circadian rhythm sleep disorders. *Sleep Medicine Review*, 13, 47-60.

Bjorvatn, B., Sivertsen, B., Øyane, N., et al (2009). Insomni. *Tidsskrift for Den Norske Lægeforening* nr.17, 129, 1766-1768.

Galbiati, A. Rinaldi, F., Giora, E. et al. (2015). Behavioural and Cognitive-Behavioural treatments of Parasomnias. *Behavioural Neurology*, <http://dx.doi.org/10.1155/2015/786928> (8 sider)

Harvey, A. (2005). A cognitive theory and therapy for chronic insomnia. *Journal of Cognitive Psychotherapy: An International Quarterly*, 19(1), 41-59.

Pallesen, S. & Bjorvatn, B. (2009). Døgnrytmeforstyrrelser. *Tidsskrift for Den Norske Lægeforening* nr.18, 129, 1884-1887.

Sadeh, A. (2005). Cognitive-behavioral treatment for childhood sleep disorders. *Clinical Psychology Review*, 25, 612-628.

Sørensen, E. (2009). Søvnforstyrrelser hos barn og unge. *Tidsskr Nor Lægeforen* nr. 19, 129: 2000-2003.

Litteratur Emosjonsfokusert psykoterapi (EFT) PROSPY312A høsten 2018:

Elliott, R., Watson, J. C., Goldman, R. N., & Greenberg, L. S. (2004). Learning emotion-focused therapy: The process-experiential approach to change. Washinton, DC: American Psychological Association. Kapittel 7-12 (156 s.)

Elliott, R., Greenberg, L. S., Watson, J., Timulak, L., & Freire, E. (2013). Research on humanistic-experiential psychotherapies. Bergin & Garfield's Handbook of psychotherapy and behavior change, 495-538 (43 s.)

Elliott, R., & Shahar, B. (2017). Emotion-focused therapy for social anxiety (EFT-SA). Person-Centered & Experiential Psychotherapies, 16(2), 140-158 (18 s.)

Goldman, R. N. (2017). Case formulation in emotion-focused therapy. Person-Centered & Experiential Psychotherapies, 16(2), 88-105 (17 s.)

Greenberg, L. S. (2017). Emotion-focused therapy of depression. Person-Centered & Experiential Psychotherapies, 16(2), 106-117 (11 s.)

Stiegler, J R. (2015). Emosjonsfokusert terapi: Å forstå og forandre følelser. Oslo: Gyldendal Akademisk. Kapittel 1-2 og 8-12 (72s.)

Schneider, Kirk J., and Orah T. Krug. Existential-humanistic therapy. Washington, DC: American Psychological Association, 2010, s1-88 (87 s.)

Litteratur Dynamisk psykoterapi (ISTDP) PROSPY312A høsten 2018:

Abbass, A. (2015). Reaching through resistance: Advanced Psychotherapy Techniques. Kansas City, Mo: Seven Leaves Press.

American Academy of Child and Adolescence Psychiatry. (2012). Practice parameter for psychodynamic psychotherapy with children. Journal of the American Academy of Child and Adolescence Psychiatry, 51(5), 541-557.

Binder, P.-E. & Hølgersen, H. (2008). Den håpefulle utprøving: Kasusformulering og vekstbefordrende samhandling i lys av kontroll-mestringsteori. Tidsskrift for Norsk Psykologforening, 45(8), 958-968.

Haugvik, M. & Johns, U. T. (2006). Betydningen av felles fokus i tidsavgrenset psykoterapi med barn: En kvalitativ studie av psykoterapi med barn som opplever vanskelige familieforhold. Tidsskrift for Norsk Psykologforening, 3, 19-29.

Leichsenring, F. & Leibling, E. (2007). Psychodynamic psychotherapy: A systematic review of techniques, indications and empirical evidence. *Psychology and Psychotherapy: Theory, Research and Practice*, 80, 217-228.

Morgan, A.C. (2003). Psychodynamic psychotherapy with older adults. *Psychiatric Services*, 54(12), 1592-1594.

Sandell, R. (2012). Research on outcomes of psychoanalysis and psychoanalysis-derived psychotherapies (pp. 3385-403). In G. O. Gabbard, B. E. Litowitz & P. Williams (Eds.), *Textbook of psychoanalysis* (2nd Edition). New York: American Psychiatric Publishing.

Shedler, J. (2010). The efficacy of psychodynamic psychotherapy. *American Psychologist*, 63(2), 98-109.

Delgado, S. V. (2008). Psychodynamic psychotherapy with children and adolescents: An old friend revisited. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2686640/>

Litteratur psykoterapiintegrasjon PROSPY312A høsten 2018:

Castonguay, L, Eubanks, C. F., Goldfried, M. F, Muran, J. C., & Lutz, W. (2015): Research on psychotherapy integration: Building on the past, looking to the future, *Psychotherapy Research*, DOI: [10.1080/10503307.2015.1014010](https://doi.org/10.1080/10503307.2015.1014010)

Hilsenroth, M. J, & Cormer. T. D. (2007). Clinician interventions related to alliance during the initial interview and psychological assessment. *Psychotherapy: Theory, Research, Practice, Training*, 44, 205-218.

Leichsenring, F., Abbass, A., Hilsenroth, M. J., Luyten, P., Munder, T., Rabung, S., & Steinert, C. (2018). "Gold Standards," Plurality and Monocultures: The Need for Diversity in Psychotherapy. *Frontiers in Psychiatry*, <https://doi.org/10.3389/fpsy.2018.00159>

McCullough, L., & Andrews. S. (2001). Assimilative integration: Short-term dynamic psychotherapy for treating affect phobias. *Clinical Psychology: Science and Practice*, 8, 82-97.

Schanche, E. (2013). The transdiagnostic phenomenon of self-criticism. *Psychotherapy*, 3, 316-321.

Stricker, George (2010). *Psychotherapy Integration*. Theories of Psychotherapy Series (Eds. J. Carlson & M. Englar-Carlson). Washington: American Psychological Association, Inc.

Wilamowska, M. A...Barlow, D. H. et al., (2010). Conceptual background, development, and

preliminary data from the unified protocol for transdiagnostic treatment of emotional disorders. *Depression and Anxiety*, 27, 882-890.