Royal Holloway DClinPsy 2024

Reading List

Here are some suggestions for some background reading, which you may find interesting and helpful before you start the course and to support your learning and development as you progress. Please give us feedback for next year's cohort, so that we can keep this current and relevant.

NHS

https://www.england.nhs.uk/participation/nhs/
https://www.futurelearn.com/courses/the-nhs-explained
https://www.england.nhs.uk/publication/psychological-professions-vision-for-england-2019-24/
https://www.longtermplan.nhs.uk/wp-content/uploads/2019/07/nhs-mental-health-implementation-plan-2019-20-2023-24.pdf
https://www.kingsfund.org.uk/audio-video/how-does-nhs-in-england-work?utm_source=twitter&utm_medium=social&utm_term=thekingsfund
https://www.kingsfund.org.uk/insight-and-analysis?category=podcast

Professional

https://www.bps.org.uk
https://www.hcpc-uk.org
https://babcp.com

Clinical Psychology

Bennett, P. (2021). *Clinical Psychology, Research and Practice.* (UK Higher Education OUP Psychology). McGraw Hill.

Davey, G. C. L. (Ed.). (2019). *Clinical Psychology: Revisiting the Classic Studies.* Sage.

Holdstock, T. L. (2000). *Re-examining psychology: Critical perspectives and African insights*. Psychology Press.

Mayers, S. & Mwale, A. (2018). *Becoming a Clinical Psychologist: Everything You Need to Know.* Abingdon, UK: Routledge.

Murphy, D. J., & Llewelyn, S. (2014). *What is Clinical Psychology?* Oxford, UK: OUP.

Owusu-Bempah, K. & Howitt, D. (2000). *Psychology beyond western perspectives.* John Wiley & Sons.

Page, A & Strizke, W. (2015). *Clinical Psychology for Trainees: Foundations of Science-Informed Practice.* Cambridge, UK: CUP.

Pomerantz, A. M. (2019). *Clinical Psychology: Science, Practice and Diversity. (5th Ed.)* Los Angeles: Sage.

Randall, J. (Ed.). (2019). *Surviving Clinical Psychology: Navigating Personal, Professional and Political Selves on the Journey to Qualification.* Routledge.

Therapeutic Models

Abrahams, D., and Rohlder, P. (2021). *A Clinical Guide to Psychodynamic Psychotherapy.* Routledge.

Beck, J. S. (2021). *Cognitive behavior therapy: Basics and beyond* (3rd ed.). The Guilford Press.

Dallos, R. and Draper, R. (2015). *An Introduction to Family Therapy: Systemic Theory And Practice (UK Higher Education OUP Humanities & Social Sciences Counselling and Psychotherapy). (4th Ed.).* OUP.

Hayes, S. C., & Hofmann, S. G. (Eds.). (2018). *Process-based CBT: The science and core clinical competencies of cognitive behavioral therapy.* New Harbinger Publications, Inc..

Hofmann, S. G., Hayes, S. C., & Lorscheid, D. N. (2021). *The Process-Based Therapy Workbook for Clinicians: Targeting the Core Processes in Psychological Change*. New Harbinger Publications.

Hayes, S. C., & Hofmann, S. G. (Eds.). (2020). *Beyond the DSM: Toward a process-based alternative for diagnosis and mental health treatment*. New Harbinger Publications.

Iwamasama G. Y., & Hays, P. A. (2018). *Culturally Responsive Cognitive Behavior Therapy: Practice and Supervision.* Washington, DC, USA: APA.

Kennerley, H., Kirk, J., & Westbrook, D. (2016). *An introduction to cognitive behaviour therapy* (3rd ed.). SAGE Publications.

Mueller, M., Kennerley, H., McManus, F., & Westbrook, D. (2010). *Oxford Guide to Surviving as a CBT Therapist.* OUP.

Assessment and formulation

Dawson. D., ad Moghaddam. N. (2015). *Formulation in Action: Applying Psychological Theory to Clinical Practice.* De Gruyter Open Ltd.

Hallam, R. (2013). *Individual Case Formulation*. Academic Press.

Johnstone, L., & Dallos, R. (Eds.). (2013). *Formulation in Psychology and Psychotherapy: Making Sense of People's Problems.* Second Edition: Routledge.

Ruggiero., G. M., and Caselli, G. et al. (Eds.). (2021). *CBT Case Formulation as Therapeutic Process.* Springer.

The Reflective Practitioner. Supervision, Personal and professional development and general counselling skills

Beinart, H. (2014). Building and sustaining the supervisory relationship. In C.E. Watkins & D.L. Milne (Eds) *The Wiley international handbook of clinical supervision* (pp. 257–281) Chichester: Wiley

Bennett-Levy, J., Thwaites, R., Haarhoff, B. & Perry, H. (2015). *Experiencing CBT from the inside out: A self-practice / self-reflection workbook for therapists.* New York: Guilford.

Curvis, W. (Ed.). (2019). *Professional Issues in Clinical Psychology: Developing a Professional Identity through Training and Beyond.* Routledge.

Hughes, J., & Youngson, S. C. (2009). *Personal Development and Clinical Psychology* (Eds). BPS Blackwell.

Pote, H., Picciotto, A. & Norris, C. (2024). Supervision and Self-reflection. In H. Pote, A. Picciotto, & C. Norris, (Eds.), Child Psychology: Pathways to Good Practice. (pp. 75-99). Chichester: Wiley Blackwell.

Scaife, J. (2010). *Supervising the Reflective Practitioner.* Brunner-Routledge.

Totsuka, Yoko. (2014). 'Which aspects of social GGRRAAACCEEESSS grab you most?' The social GGRRAAACCEEESSS exercise for a supervision group to promote therapists' self-reflexivity. *Journal of Family Therapy*, 36

Equality, Diversity, Inclusion & Anti-Racism

British Psychological Society. (2019). Guidelines for psychologists working with gender, sexuality and relationship diversity. Leicester: British Psychological Society.

Buchanan, N. T. (2020). Salient circles diagrams: Making intersectional identities, privilege, power, and marginalization visible. *Women & Therapy*, *43*(3-4), 400-404.

Daiches, A. (2010). Clinical psychology and diversity: Progress and continuing challenges: A commentary. *Psychology Learning & Teaching*, *9*(2), 28-29.

Fernando, S. (2017). *Institutional racism in psychiatry and clinical psychology*. London: Palgrave Macmillan.

Goodley, D. (2013). Disability and psychology. *Disabling Barriers: Enabling Environments*, 62-69.

Richards, G. (2012). *Race, racism and psychology: Towards a reflexive history*. Routledge.

Wood, N., & Patel, N. (2017). On addressing 'Whiteness' during clinical psychology training. *South African Journal of Psychology*, *47*(3), 280-291.

Williams, M. T., Faber, S. C., & Duniya, C. (2022). Being an anti-racist clinician. The Cognitive Behaviour Therapist, 15, e19.

Self-Help (useful for clients as well as containing helpful ideas for therapists)

Butler, G., & Hope, T. (2007) *Manage Your Mind.* (2nd Ed.). OUP.

Greenberger, D., & Padesky, C.A. (2015). *Mind over Mood.* Guildford Press. See also Padesky, C. A., & Greenberger, D. (2020). *The Clinician's Guide to CBT Using Mind Over Mood.* Jessica Kingsley.

Service user involvement

Greenhalgh T., Humphrey C., & Woodard, F. (2010). *User Involvement in Health Care.* John Wiley.

Weinstein, J. (2010). *Mental Health, Service User Involvement and Recovery*. London: Jessica Kingsley.

Watson, E., & Meddings, S. (Eds.). (2019) *Peer Support in Mental Health (Foundations of Mental Health Practice)*. Macmillan.

Digital Practice
For resources see www.digitalhealthskills.com

eLearning: https://digitalhealthskills.com/elearning/