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The following Cognitive Behavioural Therapy - CBT worksheets and exercises can be downloaded free of charge for use by individuals undertaking NHS therapy or by NHS practitioners providing CBT in primary or secondary care settings. | (Booklet) Source: NHS Greater Glasgow and Clyde, 25 pagesGaining Control of Your Life: A Self-Help Workbook for Managing Anxiety | (Free Printable Workbook) Source: 2gether NHS Foundation Trust, 64 pages (2016)Generalized Anxiety Disorder: Patient Treatment Manual | Source: NHS, 32 pages (2020)Helping Health Anxiety | Source: Centre for Clinical InterventionsLet's Talk Social Anxiety: A Self-Help Guide | (Booklet) Source: 2gether NHS Foundation Trust, 20 pagesLet's Talk Stress and Anxiety: A Self-Help Guide | (Booklet) Source: Flinders University, 45 pages (2017) Managing Your Worries: A Cognitive Behavioural Therapy Evidence-Based Approach to Help You Overcome Your Generalised Anxiety Disorder | Source: University of Exeter, 52 pages (2019)Mindfulness and Acceptance-Based Group Therapy for Social Anxiety Disorder: A Treatment Manual | Source: ACT on Social Anxiety, 199 pagesThe Mindful Path Through Shyness | Source: Mi Living Programs, 77 pages Multi-Setting Peaceful Mind: A Manual To Aid in Managing Anxiety in Veterans With Memory Impairment | Source: VA South Central (VISN 16) Mental Illness Research, Education, & Clinical Center, 46 pages Overcoming Agoraphobia: A Self-Help Manual | Source: Karina Lovell, 41 pages (1999) Overcoming Panic Attacks (Booklet) Source: NHS Greater Glasgow and Clyde, 21 pagesOvercoming Panic Attacks: Help Yourself to Feel Calmer | Source: NHS, 44 pages (2020) The Panic Attack Workbook: A Workbook of Therapeutic Assignments | (Free Printable Workbook) Source: Between Sessions Resources, 73 pages (2017) Panic Self-Help Guide | Source: NHS InformPractice Guideline for the Treatment of Patients With Panic Disorder, 2nd Edition | Source: APA, 90 pages (2009) Self-Help STOP Worry: A Tool for Older Veterans (Self-Help STOP Worry: A Tool for Older Veterans (Self-Help StoP Worry: A Tool for Older Veterans Affairs Mentalveta) | Source: NHS InformPractice Guideline for the Treatment of Patients With Panic Disorder, 2nd Edition | Source: NHS InformPractice Guideline for the Treatment of Patients With Panic Disorder, 2nd Edition | Source: NHS InformPractice Guideline for the Treatment of Patients With Panic Disorder, 2nd Edition | Source: NHS InformPractice Guideline for the Treatment of Patients With Panic Disorder, 2nd Edition | Source: NHS InformPractice Guideline for the Treatment of Patients With Panic Disorder, 2nd Edition | Source: NHS InformPractice Guideline for the Treatment of Patients With Panic Disorder, 2nd Edition | Source: NHS InformPractice Guideline for the Treatment of Patients With Panic Disorder, 2nd Edition | Source: NHS InformPractice Guideline for the Treatment of Patients With Panic Disorder, 2nd Edition | Source: NHS InformPractice Guideline for the Treatment of Patients With Panic Disorder, 2nd Edition | Source: NHS InformPractice Guideline for the Treatment of Patients With Panic Disorder, 2nd Edition | Source: NHS InformPractice Guideline for the Treatment of Patients With Panic Disorder, 2nd Edition | Source: NHS InformPractice Guideline for the Treatment of Patients With Panic Disorder, 2nd Edition | Source: NHS InformPractice Guideline for the Treatment of Patients With Panic Disorder, 2nd Edition | Source: NHS InformPractice Guideline for the Treatment of Patients With Panic Disorder, 2nd Edition | Source: NHS InformPractice Guideline for the Treatment of Patients With Patie Illness, Research and Clinical Centers, 51 pages Shy No Longer | Source Centre for Clinical InterventionsSocial Anxiety: An NHS Self-Help Guide | (Booklet) Source: NHS, 40 pages (2020) Social Anxiety Self-Help Guide | Source NHS InformSocial Phobia: Patient Treatment Manual | Source: Clinical Research Unit for Anxiety & Depression, 64 pagesSpecific Phobias: Patient Treatment Manual | Source: NHS Greater Glasgow and Clyde, 21 pagesGaining Control of Your Life: A Self-Help Workbook for Managing Depression | Source: 2gether NHS Foundation Trust, 68 pages (2016)Healthy Living with Bipolar Disorder | Source: University of Pittsburgh Bipolar Spectrum Services, 172 pagesInterpersonal Psychotherapy
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