

## Telford & Wrekin Books on Prescription (BOP) Team

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*This scheme has developed from the Cardiff Books on Prescription Scheme 2003.*

*With thanks to Dr. Neil Frude for permission to use and alter some of the original material*




[www.shropsych.org/bop.htm](http://www.shropsych.org/bop.htm)



## Telford & Wrekin Books on Prescription

*"The best effect of any book is that it excites the reader to self activity"*

Thomas Carlyle

-  An addition and/or alternative to medication for emotional and relationship problems.
-  Accessed locally through the library services.
-  Books recommended by clinical psychologists.

## The scheme



The books in this scheme have been recommended by psychologists based on national research and clinical experience. There are thousands of self-help books and it can be difficult for anyone to find out which books are useful. This scheme aims to help in this process.

All the books are chosen because they are:

- Practical
- Provide real-life examples
- Have been studied in clinical trials and/or used by experienced clinical psychologists

## How to use the scheme



- You can choose from any of the books in this scheme by talking to your GP.

S/he then writes out a prescription naming the book, and you can take this to Madeley or Stirchley library (even if you are not a member). You can then borrow the book for the time you have both decided upon and then agree a reasonable time for a follow up consultation.

**Research has indicated that more people benefit from books like these if they can be discussed with a supportive person, so we strongly suggest that follow up consultations are an important part of the process.**

## Various Emotional problems

### Mind Over Mood by Dennis Greenberger and Christine Padesky

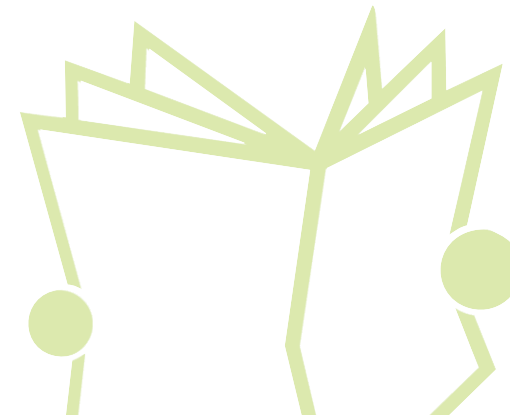
This is a workbook for people experiencing depression, panic attacks, anxiety, eating disorders, substance misuse, and relationship problems. The approach is based on cognitive therapy. There are numerous case examples and written exercises, including sample worksheets and blank worksheets. The guide focuses on specific emotional problems and provides step-by-step instructions for identifying distorted problematic thoughts and replacing them with realistic and more positive thoughts.

**215 pages**

### The Feeling Good Handbook by David Burns

This self-help guide provides readers with straightforward cognitive therapy techniques for dealing with a range of emotional problems including depression, chronic nervousness, panic attacks, phobias, fear of public speaking, procrastination and feelings of stress, guilt or inferiority. Self-assessment tests and a daily mood diary are used to enable readers to become aware of their emotions and thought processes. The overall aim of the book is to show readers how to change their faulty thinking habits so they can control their moods.

**732 pages**



## Overcoming Social Anxiety and Shyness

by Gillian Butler

### Social Anxiety & Shyness

This book provides detailed instructions on cognitive-behavioural techniques for overcoming social phobias and shyness. The book is written for those people who lack confidence when they are with other people, or feel embarrassed when meeting new people. The author explains how to deal with upsetting thoughts, overcome avoidance and manage symptoms of anxiety through relaxation, distraction and panic management.

256 pages

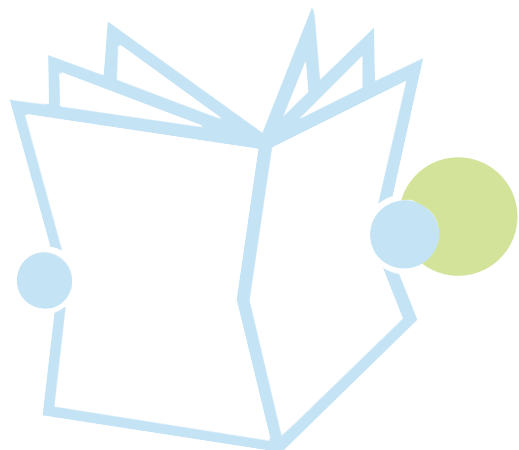
## The Relaxation and Stress Reduction Workbook

by Martha Davis et al

### Stress Management

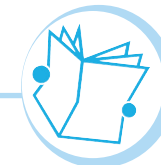
This workbook teaches stress management and relaxation techniques and exercises. There is a chapter on 'worry control' to help people manage their mental stress and a section on coping with anger-provoking situations. A chapter on thought stopping shows readers how to stop and then 'neutralise' distressing thoughts. The book includes many real-life examples and practical exercises.

292 pages



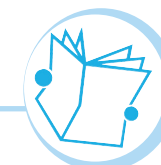
- The local library staff can also support you, sympathetically and confidentially, in accessing the books and possibly in guiding you to other suitable local resources. As the scheme develops, we will also be making available comments, advice and support from other people who have used this scheme.
- Some books will contain exercises or questionnaires. Please make your own copy of these pages for your personal use.

### Limitations of the scheme



- The scheme is useful for people with average, or above average, reading abilities.
- The books are only in English, and in standard format.
- Many common problems are not included.

### Evaluating the scheme



An important part of the scheme will be to find out what healthcare professionals, patients, and library staff think about it. Each book will include a bookmark with three basic questions to discover what each reader thought about the particular book and whether they would recommend the scheme to others with similar problems. Feedback from GPs and library staff will also be studied. Based on these comments, we hope the scheme will develop, that some of the limitations listed above will be tackled, and that more detailed research can be conducted.

### Further information

If you would like to know more about the scheme, please feel free to contact **Helen Jones** (details on the back).

## Subject list

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## Sexual Abuse in childhood

### Breaking Free by Carolyn Ainscough and Kay Toon

This is a practical self-help book for survivors of child sexual abuse. It investigates the lasting effects of child sexual abuse, which may include guilt and shame, depression and anxiety, eating disorders, fear of relationships, and sexual problems. The book includes frank and moving accounts of survivors. It offers a positive and optimistic approach and provides strategies for coping.

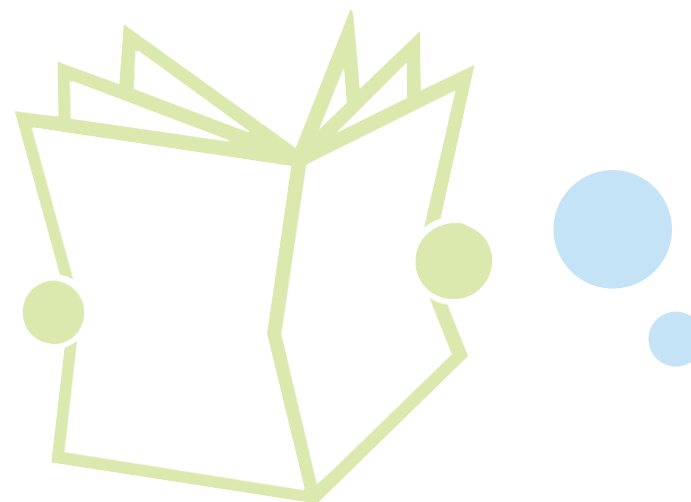
308 pages

### Courage to Heal by Ellen Bass and Laura Davies

This book is aimed at women who have been victims of childhood sexual abuse (although male survivors may find some of the book to be helpful). It has an inspirational focus but also guides readers through various stages of healing.

**The book also includes a section for partners, helping them to understand the emotional and sexual problems faced by survivors.**

495 pages



## Understanding Obsessions and Compulsions

by Frank Tallis

### Obsessions & Compulsions

This book attempts to provide a comprehensive self-help guide for those people with mild to moderate obsessions and compulsions. It explains the principles of anxiety reduction and is based on a cognitive-behavioural approach. Problems covered include compulsive checking, washing and hoarding as well as obsessional thoughts and worry. The book includes self-assessment measures and advice on detailed monitoring of symptoms, sections on obsessional personality and on the depression that often results from obsessional problems.

**138 pages**

## Panic Attacks by Christine Ingham

### Panic Attacks

This book is written by someone who has a personal history of the terror and misery caused by panic attacks. It provides reassurance and practical help, and discusses the nature of panic and its different causes as well as offering sensible guidance on what a person can do (and think) when having an attack. There is also a presentation of the steps that can be taken to learn how to avoid a recurrence, and a section on how to help others with panic attacks.

**198 pages**

## Overcoming Traumatic Stress by Claudia Herbert and Anne Wetmore

### Traumatic Stress

This book uses cognitive behavioural therapy to help people who have experienced traumatic stress, their families and those who work with them to overcome the physical, mental and emotional reactions to such stress. Step by step guides to recovery include recognising, accepting and managing their longer-term reactions to traumatic experiences such as a road traffic accident, an industrial accident, or rape.

**206 pages**

## Managing Anger by Gael Lindenfield

### Anger

Gael Lindenfield stresses the fact that anger is a natural emotional response to threat, hurt, frustration and loss. It can be a means of releasing built-up pressure but can also be a destructive force. If uncontrolled it can lead to violence; if repressed it can lead to bitterness, stress and guilt. The book explains the effects of anger on our minds and bodies, and suggests ways of dealing both with our own anger and that of other people. Using many engaging examples of everyday situations, the author suggests strategies for using anger in a positive and non-destructive way.

**199 pages**

## Anorexia Nervosa: A Survival Guide for families, friends and sufferers by Janet Treasure

### Anorexia Nervosa

This guide focuses on understanding anorexia and the effects it can have on patients and their families, before describing practical steps that can be taken to help recovery. Acknowledging that anorexia can lead to strong emotions, the book deals with the recognition of anorexia, issues of blame and denial, and helpful and unhelpful responses of family members. Nutritional aspects and health hazards are covered amongst a wealth of sensible information.

**161 pages**

## Overcoming Anxiety by Helen Kennerley

### Anxiety

This book describes the various forms that anxiety may take, including panic attacks and phobias, and then guides the reader through a series of steps to overcoming problem fears and anxieties. It follows a cognitive-behavioural approach and includes quotes from people who have had anxiety problems.

**181 pages**

## A Woman in your Own Right by Anne Dickson

### Assertiveness women only

This classic text on assertiveness, **written specifically for women**, defines assertiveness as the art of clear, honest and direct communication. It suggests an assertive approach builds self-esteem and the ability to make choices, by helping to manage the stress of communicating in difficult situations. It helps the reader recognise the rights: to be treated with respect, to express feelings, opinions and values, to say 'yes' and 'no' and not to accept responsibility for other people's problems.

**171 pages**

## Getting better Bit(e) by Bit(e) by Ulrike Shmidt and Janet Treasure

### Binge-eating & Bulimia

This book is primarily for people with eating disorders such as bulimia and binge eating. It quotes many real-life examples of specific problems faced by people with these problems, and provides step-by-step advice for dealing with bulimia through key behaviour changes. Issues covered include: coping with binges, cravings and urges; achieving optimal weight; giving up laxatives and diuretics; healing childhood emotional wounds; correcting faulty thinking; being assertive; avoiding reliance on drink and drugs; and dealing with problems in relationships and work.

**144 pages**

## Overcoming Depression by Paul Gilbert

### Depression

This guide provides step-by-step strategies for people experiencing depression, using cognitive therapy techniques that can be used by intelligent, literate and motivated people (though depression itself can undermine motivation). The main strategies come from the idea that depression is triggered and maintained by negative automatic thoughts that are 'overgeneralised', pessimistic and unreliable and therefore need to be substituted with more realistic and less damaging thought patterns. The book includes numerous case examples.

**382 pages**

## Overcoming Mood Swings by Jan Scott

### Mood Swings

This book is directed at people who are seriously disturbed by extreme high or low spirits; people who are very distressed either because their mood swings happen too frequently or because they are very intense and are accompanied by other feelings of depression or mania. This manual uses cognitive techniques to help people identify and then manage their mood swings more effectively, and to regain more stable and comfortable emotional levels. The book presents self-tests and monitoring sheets.

**247 pages**