

LKS Library and Knowledge Services

Library Resources to Support NICE Guidance on Depression

CG90 Depression in Adults (October 2009); CG28 Depression in Children and Young People (September 2005; updated March 2015)

[Resources reviewed September 2015]

Journals

No journals specifically on depression.

Many general psychiatric and medical journal titles include articles on depression.

Any individual article can be sourced through Library Services.

Books purchased

Rodin, G. (2015)

Depression and the medically ill, Taylor and Francis

Redwoods WM171

Gotlib, I and Hammen, C. (2015)

Handbook of depression (3rd ed), Guilford

Redwoods WM171

Fisher, P. and Wells, A. (2015)

Treating depression: MCT, CBT and third wave therapies, Wiley

Redwoods WM171



Sears, R. (2015)

Building competence in mindfulness-based cognitive therap: transcripts and insights for working with stress, anxiety, depression and other problems, Taylor and Francis

Stafford WM507

Sburlati, E. et al (2014)

Evidence-based CBT for anxiety and depression in children and adolescents, Wiley

Stafford WS750

Papworth, M. et al (2013)

Low intensity cognitive behaviour therapy: a practitioner's guide, Sage (UK)

Redwoods & Stafford WM505

E-books purchased

Friedman, E. and Anderson, I. (2014)

[Handbook of depression, 2nd edition](#) Springer

E-book

Books still on order

Rodin, G. (2015)

Depression and the medically ill, Taylor and Francis

Publication due end Feb. 2016

Sayegh, L et al (2015)

Group treatment manual for persistent depression: Cognitive Behavior Analysis system of Psychotherapy (CBASP) therapist's guide, Taylor and Francis

Publication due end March 2016

Purchases from suggestions

Johnstone, M. & Johnstone, A. (2009)

Living with a black dog

Fiction/Biography Collection

Rowe, D. (1996)

Breaking the bonds: understanding depression, finding freedom. 2nd edn.

Redwoods

WM171

A selection of books we currently hold in the Trust libraries

(Please note we are always happy to consider recommendations for additional books for library stock)

Adult and general

Ratcliffe, M. (2015) *Experiences of depression : a study in phenomenology*. Oxford: Oxford University Press

Sanders, P. and Hill, A.F.F. (2014) *Counselling for depression : a person-centred and experiential approach to practice*. London: Sage

Hughes, C., Herron, S. and Younge, J. (2014) *CBT for Mild to Moderate Depression and Anxiety : a guide to low-intensity interventions*. Milton Keynes: Open University Press

Richards, C.S. and O'Hara, M.W. (eds.) (2014) *The Oxford handbook of depression and comorbidity*. Oxford: Oxford University Press. (Oxford library of psychology)

Gask, L. and Chew-Graham, C. (eds.) (2014) *ABC of depression and anxiety*. W Sussex: Wiley Blackwell

Hewison, D., Clulow, C.F. and Drake, H. (2014) *Couple therapy for depression : a clinician's guide to integrative practice*. Oxon: Oxford University Press

Baldwin, R.C. (2014) *Depression in later life*. Second edition. UK: Oxford University Press. (Oxford psychiatry library)

Fegergrad, M. and Maunder, R. (2013) *Cognitive Behavioural Therapy for Depression*. London: Norton. (Psychotherapy Essentials To Go)

Segal, Z.V., Williams, J.M.G. and Teasdale, J.D. (2013) *Mindfulness-based cognitive therapy for depression*. 2nd edn. London: Guilford Press.

Kasper, S. and Montgomery, S. (eds.) (2013) *Treatment-resistant depression*. Chichester: Wiley-Blackwell

- Sharpley, C. (2013) *Understanding and treating depression : Biological, psychological and behavioural perspectives*. Australia: Tilde Publishing
- Ravitz, P., Watson, P. and Grigoriadis, S. (2013) *Interpersonal psychotherapy for depression*. First edition. USA: W W Norton. (Psychotherapy essentials to go)
- Knaus, W.J. (2012) *Cognitive behavioral workbook for depression : a step-by-step program*. 2nd edn. USA: New Harbinger
- Lam, R.W. (2012) *Depression*. 2nd edn. OXFORD: Oxford University Press
- Raghavan, R. (2012) *Anxiety and depression in people with learning disabilities : advances in interventions*. Hove: Pavillion
- Fisher, P. & Wells, A., (2012) *Innovations in Treating Depression: metacognition, acceptance, behavioural activation and mindfulness*
- Leahy, R.L., Holland, S.J. & McGinn, L.K., (2011) *Treatment Plans and Interventions in Depression and Anxiety Disorders*. 2nd edn.
- Shapiro, Robin, 2009 *EMDR solutions II: for depression, eating disorders, performance and more*
- Wells, Adrian, 2009 *Metacognitive therapy for anxiety and depression*
- Stahl, Stephen M., 2008 *Depression and bipolar disorder : Stahl's essential psychopharmacology (3rd ed.)*
- Whisman, Mark, 2008 *Adapting cognitive therapy for depression: managing complexity and comorbidity*

Children and Young People

- Graham, P.J.J. and Reynolds, S.(2013) *Cognitive behaviour therapy for children and families*. 3rd edn. Cambridge: Cambridge University Press. (Cambridge child and adolescent psychiatry).
- Huberty, T.J. (2012) *Anxiety and depression in children and adolescents : assessment, intervention and prevention*. New York: Springer
- Hills, J., (2012) *Introduction to systemic and family therapy: a user's guide*
- Schab L., (2009) *Beyond the blues: a workbook to help teens overcome depression* (Recommendation)
- Verduyn, C., Rogers, J. and Wood, A., (2009) *Depression: cognitive behaviour therapy with children and young people*
- Brent, D.A., Poling, K.D. & Goldstein, T.R., (2011) *Treating Depressed and Suicidal Adolescents - a clinician's guide*
- Keena (2005) *Adolescent depression: outside/in* (Recommendation)
- Fitzpatrick & Sharry (2004) *Coping with depression in young people: a guide for parents*

E-books

Gask, L. and Chew-Graham, C. (2014) [ABC of Anxiety and Depression](#) [Electronic Book]. 1 edn.

Graham, P. and Reynolds, S. (2013) [Cognitive Behaviour Therapy for Children and Families](#) [Electronic Book]. 3 edn.

Segal, Z.V., Williams, J.M.G. and Teasdale, J.D. (2012) [Mindfulness-Based Cognitive Therapy for Depression, Second Edition](#) [Electronic Book]. 2 edn. New York: Guilford Publications

Williams, C. and Dummett, N. (2012) [Overcoming Teenage Low Mood and Depression](#) [Electronic Book]. Hoboken: Taylor and Francis

Haddad, M. and Gunn, J. (2011) [Fast Facts : Depression](#) [Electronic Book]. 3 edn. Oxford: HEALTH PRESS LIMITED

Williams, C. (2011) [Overcoming Depression and Low Mood, 3rd Edition; A Five Areas Approach](#) [Electronic Book]. 3 edn. Hoboken: Taylor and Francis

Fristad, M.A. and Arnold, J.S.G. (2011) [Psychotherapy for Children with Bipolar and Depressive Disorders](#) [Electronic Book]. New York: Guilford Publications.

Keeping up to date

The library produces/circulates regular updates on depression. Please [contact the library](#) to join the circulation list or to have a tailored alert set up on a more specific aspect of depression.