

Books on Prescription

Justification

The	- volume	90% of mental health is managed in primary care
	- numbers	25%-30% - of consultations in Primary Care have a significant mental health component.
	- burden	

This book made me realise I was not “crazy”, or “abnormal”

The aim of the Books on Prescription scheme is to provide self help resources for mental health issues and promote mental health and positive well being.

Self-help books have been shown to be highly effective in helping people with a range of common psychological problems. Birmingham Libraries with Birmingham & Solihull Mental Health Trust and Birmingham PCTs, have collaborated to devise a local bibliotherapy programme. This means that recommended books can be ‘prescribed’ through a ‘Books on Prescription’ service. All the librarians within Birmingham are being offered training on the scheme and on mental health awareness to support the scheme.

It is envisaged that the books will also be of great value to families, friends and carers of those with mild to moderate mental health problems.

The books will also be useful to those seeking relapse prevention support.

An excellent self-help guide.... I have been diagnosed with depression and this book was recommended by my GP

How the scheme works

GPs and other professionals (such as Primary Care Mental Health Practitioners and counsellors) will be given a pack that includes the list of self-help books recommended by specialists and invited to issue an appropriate ‘Book Prescription’ to patients. The prescription specifies the length of time for which the book can be borrowed.

The scheme includes books on many common psychological problems that people experience, including depression, eating disorders, obsessional-compulsive problems, compulsive gambling, social phobia, panic, anger, stress, low self-esteem and the aftermath of sexual abuse.

Some people may wish to buy the book, others to borrow from their local library.

All the books recommended by the scheme use tried and tested methods (based on the principles of Cognitive Behaviour Therapy, CBT) to enable people to:

- Develop skills
- Problem solve
- Manage
- Prevent relapse

Many of the books present self-help versions of the type of therapy that would be given by a Primary Care Mental Health Practitioner, Psychologist or Counsellor. In many cases they present complete step-by-step treatment programmes with exercises, self-assessments, diary sheets, etc. to be completed by the reader.

The list of high quality self-help books was compiled by leading multiprofessionals and piloted in Cardiff led by Professor Neil Frude. Due to the success of their scheme their model is now nationally recognised and widely disseminated.

After working through the exercises in this book I feel more in control of my moods, and I can cope better when I am feeling strong emotions

The Evidence

There is an impressive body of evidence indicating the effectiveness of such treatments (bibliotherapy) in treating many different kinds of psychological problems (Lewis et al 2003, NICE guidance 2004 – Eating Disorders, Anxiety Disorders, Depression, Scogin et al 1990). 80% of psychotherapists and 90% of CBT therapists regularly recommend books to clients as a supplement to therapy.

Who is suitable for books on prescription?

This scheme will not be suitable for everybody with mild-moderate mental health problems. Some will have issues that do not fit into any of the categories listed and others will not be suitable because they have limited motivation or limited literacy. There is no precise formula; any one of the books relating to the patient’s problem is likely to prove useful. Bibliotherapy has been shown to be highly acceptable and that patients like the psychological approach as it offers autonomy and control.

The ideal patient to engage in this scheme:

- Highly motivated
- Able to work independently to tackle their problem
- Have a reading age above 9 years old
- Able to follow a structured recipe; eg. a cookbook or DIY manual

Health authorities with long waiting lists should hand this out while patients wait to see a shrink – then they might not need the shrink

I found it very helpful

After reading this book, I felt a new sense of wellbeing.

Studies have suggested that the best bibliotherapy books can produce results comparable to those of drug therapy or psychotherapy. Cost-effectiveness can be very high. Compared with live psychotherapy, bibliotherapy has the advantage of being much cheaper and more widely available.

List of Books

How to stop worrying
Managing stress
Overcoming social anxiety and shyness
The courage to heal
Breaking free
Ten days to great self-esteem
Self-esteem for women
Overcoming low self-esteem
Overcoming traumatic stress
Panic attacks
Overcoming panic
Overcoming mood swings
Feel the fear and do it anyway
Overcoming compulsive gambling
The feeling good handbook
Mind over mood
Overcoming depression
Getting better bit(e) by bit(e)
Overcoming binge eating
Bulimia nervosa & binge-eating
Overcoming anxiety
Overcoming anorexia nervosa
Managing anger
Overcoming anger and irritability
Change your life in 7 days
Instant Confidence

Audio Books

Overcoming low self-esteem audio tape
Panic attacks audio tape
Coping with bereavement audio tape
Coping with childrens sleep problems audio tape
Coping with depression audio CD
Coping with headaches and migraine audio tape
Coping with pain audio CD
Coping with sleep problems audio tape
Feeling good audio CD
Change your life in 7 days audio CD
Instant Confidence audio CD

Frank Tallis
Terry Looker & Olga Gregson
Gillian Butler
Ellen Bass & Laura Davis
Carolyn Ainscough & Kay Toon
David Burns
Lynda Field
Melanie Fennell
Claudia Herbert & Ann Wetmore
Christine Ingham
Derik Silove
Jan Scott
Susan Jeffers
Alex Blaszyński
David Burns
Dennis Greenberger & Christine Padesky
Paul Gilbert
Ulrike Schimt & Janet Treasure
Christopher Fairbourne
Peter Cooper
Helen Kennerley
Christopher Freeman
Gael Lindenfield
William Davis
Paul McKenna
Paul McKenna

Melanie Fennell
Christine Ingham
Wendy Lloyd Audio Productions
Paul McKenna
Paul McKenna

What I especially liked about this book is its applicability in real life

The beauty of this book is its practical step-by-step approach

This book has really helped me to learn how to change those thoughts and become a more positive person

It is a book which you will constantly find yourself referring to, and looking at for support when the going gets tough. I can't recommend it highly enough!

It's an inspiration

This book was invaluable in my recovery

Brief Descriptions of Books on the List

Ten of the 26 books on the list are from the 'Overcoming' series published by Robinson. Books in this series use the cognitive-behavioural approach to provide easy-to-understand strategies for helping readers to overcome a variety of psychological disorders. The authors are all practising clinicians who have adapted the latest cognitive-behavioural techniques into a specifically tailored self-help programme focussing on a particular type of mental health problem.

Each book is divided into two sections. Part One explains the disorder and its possible causes and discusses various ways in which it can impact on people's lives. Part Two is the treatment manual, with step-by-step strategies and techniques for recognising, confronting and dealing with the problem. The books also provide helpful advice on preventing setbacks and relapse.

Anger

1 Overcoming Irritability and Anger *Will Davies*

This is a self-help manual for people who are constantly irritable and angry. The book aims to help people to control their temper and to handle potentially dangerous situations effectively and non-aggressively. Using real-life case studies, the author describes what happens when people get angry and why some people become angry more easily than others. The book encourages keeping an 'anger diary' and then to analyse how incidents occur. It helps readers look at situations differently so that anger occurs less frequently.

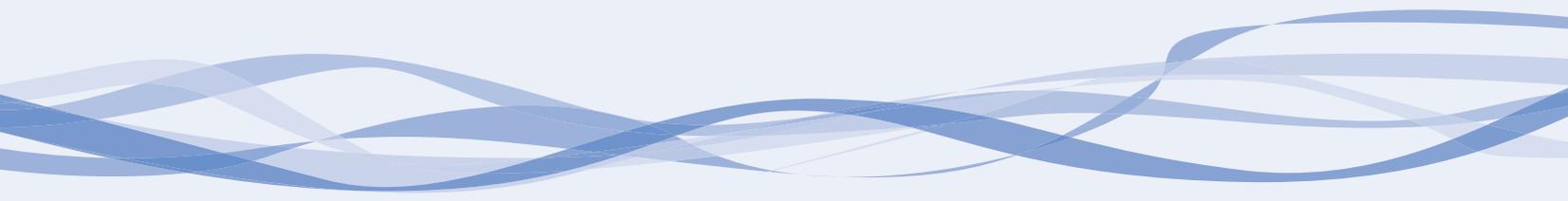
2 Managing Anger *Gael Lindenfield*

Gael Lindenfield stresses the fact that anger is a natural emotion response to threat, hurt, frustration and loss. It can be a means of releasing a build-up of emotional 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. Both extremes can damage health. 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 examples of everyday situations, the author suggests strategies for using anger in a positive and non-destructive way she calls Assertive Anger (which is assertive but responsible and non-violent). The tone of the book is positive, optimistic, and understanding of those who have found it difficult to control their angry feelings in the past.

Anorexia Nervosa

3 Overcoming Anorexia Nervosa *Christopher Freeman*

This book offers a complete self-help recovery programme using cognitive techniques for overcoming anorexia. The book provides descriptions of the eating habits and the underlying psychological and social problems that may result in anorexia. The treatment strategies suggested by the author focus on reducing symptoms by changing negative beliefs and thought patterns. There are practical guidelines for uncovering faulty thinking patterns and then changing these. This self-help guide is written for those who want to tackle their problem on their own, and to take control of their own recovery without formal treatment. The author includes additional sources of professional help, and the physical dangers associated with the condition are duly emphasised.



Anxiety

4 Overcoming Anxiety

Helen Kennerley

This book explains why anxiety is a major problem for some people and not for others. It describes the various types of anxiety, including panic attacks and phobias. The step-by-step plan, using a cognitive behavioural approach, enables the reader to overcome fears and anxieties of all kinds. The book includes many illustrative quotes from people who have had anxiety problems, allowing readers to realise that many others have shared similar experiences and have overcome their difficulties.

Binge-Eating Disorder & Bulimia Nervosa

5 Bulimia Nervosa & Binge Eating

Peter Cooper

This is a self-help guide for people with bulimia or binge eating disorder. It contains educational material, based on recent research, as well as a comprehensive self-treatment cognitive-behavioural programme. Detailed strategies are described for the self-control of bingeing and purging. Adherence to the complete therapy programme described will demand considerable commitment on the part of the reader. The book includes important information and warnings about the dangers associated with repeated vomiting.

6 Overcoming Binge Eating

Chris Fairburn

This book presents a self-help version of a clinical programme that has been shown to be highly effective in a number of clinical trials. Based on the assumption that bulimic patients have lost control over their eating, the cognitive behavioural programme is intended to 'hand control back to the patient'. There is a strong educational component, helping the reader to understand the links between food deprivation, hunger, craving for food, and bingeing. Concerns about body shape and weight, perfectionism, 'all or none' thinking and low self-esteem issues are discussed. Patients are helped to monitor their own eating and purging behaviour, and to maintain a regular eating pattern. The final part of the book deals with 'relapse prevention' – techniques that can be used to maintain an avoidance of binge eating and purging.

7 Getting Better Bit(e) by Bit(e)

Ulrike Schmidt and Janet Treasure

The efficacy of this self-help book has been demonstrated in clinical trials. The book empowers people with bulimia and binge eating disorder to take control and tackle their eating difficulties by themselves. Being easy to read, it engages and motivates the reader and quotes real-life examples of specific problems. It provides key behaviour changes necessary for the person to achieve a happier and more fulfilled life. The book also addresses a range of psychological and lifestyle issues that often contribute to the onset and maintenance of bulimia.

Issues covered in depth include: coping with binges, cravings and urges; the health risks of dieting; achieving optimal weight; giving up vomiting, laxatives and diuretics; healing the wounds of childhood; correcting faulty thinking; being appropriately assertive; avoiding reliance on drink and drugs; and dealing with problems in relationship and work. Advice is also given on how to cope with set-backs. The book prescribes a series of practical self-help tasks which provide a comprehensive treatment programme.

Depression

8 Overcoming Depression

Paul Gilbert

This self-help guide provides step-by-step strategies for sufferers of depression, using cognitive therapy techniques. The techniques are simple and can be self-administered by intelligent, literate and motivated people. Depression (as well as anxiety, anger and other negative emotions) is often triggered and maintained by negative automatic thoughts which are overgeneralised, pessimistic and unrealistic. CBT enables the person to identify such thoughts, to devise more realistic alternatives and then to substitute these for the damaging, depressing thought patterns. The book is very readable and sympathetic in tone and includes numerous case examples.

9 Mind Over Mood

Dennis Greenberger and Christine Padesky

Mind Over Mood became a classic text soon after it was published, and it may well be the book most frequently recommended to clients by those working in mental health (both in the US and in the UK). It provides a hands-on workbook for clients suffering from depression, panic attacks, anxiety, eating disorders, substance abuse, and relationship problems. The approach used is that of cognitive therapy.

Numerous case examples and written exercises help clients to understand and use these methods, and the book includes many sample worksheets and blank worksheets. The chapters focus on specific emotional problems and provide clear, easy, step-by-step instructions for identifying distorted problematic thoughts and replacing them with more realistic and more positive thoughts.

In a foreword to the book, written by Aaron Beck, one of the pioneers of cognitive therapy, the authors are commended for their "vision and innovation" as well as their ability to teach what they practice.

10 The Feeling Good Handbook

David Burns

This is a practical manual that helps those who are depressed to understand how their thinking processes have contributed to their depression and how, by changing their thinking, they will be able to exert some control over their mood. It begins with an easy to read overview of cognitive theory before discussing the various approaches to treating depression. The book then introduces a number of practice therapeutic techniques based on the cognitive theory of depression. Practice exercises enable readers to uncover any errors of thinking that may have contributed to their feelings of depression (for example, a tendency to underemphasise achievements and overemphasise failures). They are then helped to correct their faulty thought patterns using cognitive strategies that are taught and reinforced through self-managed practical assignments.

Gambling

11 Overcoming Compulsive Gambling

Alex Blazsynski

This book explains how gambling problems develop. Some people become 'hooked' on gambling and suffer withdrawal symptoms similar to those experienced by people with other addictions. The author, who has researched the issue for over twenty years, presents evidence that the 'high' experienced by compulsive gamblers comes from the release of endorphins, and that the euphoria reinforces the gambling behaviour. The book describes various approaches to treatment, and considers whether abstinence or controlled gambling is the most appropriate treatment goal. The second part of the book presents a complete self-help programme for compulsive gamblers, based on cognitive therapy techniques.

Manic Depression

12 Overcoming Mood Swings

Jan Scott

This book offers insights and practical help for those who are seriously disturbed by extreme high or low spirits. Although everyone is aware of changes in their mood, some people are very distressed by changes, either because the mood swings happen too frequently or because they are very intense and are accompanied by other symptoms of depression or mania. *Overcoming Mood Swings* is a self-help manual that applies cognitive techniques to allow people first to identify and then to manage their mood swings more effectively, and to regain more stable and comfortable emotional levels. Background information on depression and mania is also included. The book presents a complete self-help program including self-tests and monitoring sheets.

Panic

13 Overcoming Panic

Derrick Silove and Vijaya Manicavasagar

This book was developed as a self-help guide for overcoming and preventing panic attacks and the associated problem of agoraphobia. The authors offer a step-by-step management program based on cognitive behavioural therapy. The first part of the book describes the nature and origin of panic attacks and agoraphobia and how these conditions affect and limit people's lives. The second part of this book constitutes a self-help manual. Readers are shown how to recognise triggers of anxiety and panic and how to control panic attacks by changing unhelpful thinking styles and dealing with physical sensations. The information is presented in an accessible way and includes advice on preventing relapse.

14 Panic Attacks (also available in Audio)

Christine Ingham

This book provides many useful insights into the terror and misery of panic attacks by an author who has a personal history of such attacks. The book provides reassurance, insight and practical help. The author considers the nature of panic attacks and different causes of panic attacks before offering sensible guidance on what a person can do (and think) when having an attack. There is also a sensitive presentation of steps that can be taken to learn how to avoid a recurrence, and a section on how to help others with panic attacks.



PTSD/Trauma

- 15 **Overcoming Traumatic Stress** *Claudia Herbert & Ann Wetmore*
This book applies proven techniques of 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. It is a self-help guide aimed at helping people to understand their reactions of traumatic stress. Step by step guides to recovery help people to recognise, accept and manage their longer-term reactions to a traumatic experience such as a road traffic accident, an industrial accident, or rape. It advises people on how to accept the trauma itself and then to let go and move on.

Self Esteem

- 16 **Overcoming Low Self-Esteem** (also available in Audio) *Melanie Fennell*
This is a highly readable and useful book for those who are oppressed by self-doubt, self-criticism, social anxiety and other problems associated with low self-esteem. It enables those with low self-esteem to understand their condition, and break the habit of thinking about themselves in negative ways by applying cognitive therapy techniques in a simple and logical programme for change. Real-life examples are used to illustrate the nature and consequences of self-destructive thinking. The book aims to help the reader understand how a negative view of oneself can be changed to a view that is more positive and self-accepting. An initial self-assessment enables readers to measure their own self-esteem and to identify triggers to bouts of self-criticism. Strategies for overcoming these triggers are then described.
- 17 **Self-Esteem for Women** *Lynda Field*
This guide shows how women can increase their self-esteem and change their lives by using specific techniques, including visualisations and affirmations. These are presented in a five-step programme for personal change. The book demonstrates how women can examine their personal history to discover and change their negative self-beliefs. Clear guidelines are provided that can enable readers to believe in themselves, to let go of guilt, to have successful personal relationships and to become empowered in the home and the workplace.
- 18 **10 Days to Great Self-Esteem** *David Burns*
Written in a clear and understanding style, this book helps readers to identify the causes of negative mood changes to develop a more positive outlook on life. Following a cognitive approach the book first explains how negative feelings like guilt, anger, and depression are not the direct consequence of bad things that happen to people, but stem from the way that people think about these events. By changing thoughts, therefore, the person is able to control feelings. The book focuses on the problems of those who doubt themselves, criticise themselves and have a negative view of themselves. The book contains a lot of information, but there are also many practical exercises, each one carefully explained. The book is structured in such a way that (as the title suggests) the reader who engages fully with the book may achieve, and learn how to maintain, self-confidence and an optimistic outlook in 10 days!

Child Sexual Abuse

- 19 **Breaking Free** *Carolyn Ainscough and Kay Toon*
This is a practical up to date self-help book for survivors of child sexual abuse. It investigates all 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 by survivors to demonstrate the range of experiences and feelings involved. The authors (two British clinical psychologists with many years of experience in the field) address many sensitive issues in a sympathetic manner. The book offers a positive and optimistic approach and provides survivors with strategies for coping with the potentially very upsetting and painful process of breaking free from their past. Many abuse survivors have reported this book to be especially valuable.



Adult Survivors

20 The Courage to Heal

Ellen Bass and Laura Davies

Drawing on the authors' personal experience and extensive clinical involvement, this book is aimed at women who have been victims of child sexual abuse (although men may also find the book helpful). It offers advice on coming to terms with the past while moving positively into the future. It provides an explanation of the healing process, first-person accounts of recovery, and practical suggestions derived from the authors' work with hundreds of survivors. The purpose of the book is to infuse survivors with hope and courage to embark on a healing process. It guides readers through various stages of healing, helping them to recognise and understand the different ways in which they have already coped with the abuse and then suggesting a range of alternative strategies that might promote more effective coping. The reader is shown how to re-channel energy that might previously have been spent on self-blame and feelings of worthlessness into working towards a healthy recovery. The book also includes a section for partners, helping them understand the emotional and sexual problems faced by survivors.

Social Anxiety

21 Overcoming Social Anxiety & Shyness

Gillian Butler

This well-written, very readable book, contains many real-life examples and provides detailed instructions on effective cognitive behavioural techniques for overcoming social phobia and shyness. Those who lack confidence when they are with other people, or feel embarrassment when meeting new people, are likely to benefit from reading this book. The first part of the book explains social anxiety, its origins and what actually happens when social anxiety strikes. The second part provides a complete practical guide to overcoming these feelings, changing thinking patterns, reducing self-consciousness and building confidence. The third part provides a number of "optional extras" such as an explanation of the long-term effects of being bullied and a guide to relaxation.

Stress

22 Managing Stress: Teach Yourself

Terry Looker and Olga Gregson

This practical guide to stress management advises on assessing and identifying stress, and on developing a personal stress management plan. Packed with good, easy to understand advice, it is based on the 'Stresswise' programme developed in the 1980's as a result of the author's research on the link between stress and coronary heart disease. It begins with a clear explanation of the nature, origins and consequences of stress. Advice is then given on relaxation and ways of adjusting to the demands of daily life. The main core of the book is a comprehensive self-treatment programme designed to enable readers to manage pressures and demands more effectively. A 'stress management planner' allows the reader to develop a personally tailored programme. It is suggested that the maintenance and enhancement of self-esteem is a key factor in managing stress.

Worry

23 How to Stop Worrying

Frank Tallis

Worry is discussed as a natural way in which the brain warns that something is wrong and needs to be dealt with. It becomes a problem when things get out of hand, and the worrying starts to spoil a person's health and enjoyment of life. The author explains how readers can make worry work for them. A problem-solving approach is taken, enabling people to avoid stress and anxiety by controlling worry, understanding their fears, and facing life calmly. The book includes detailed instructions in problem solving and also discusses how to deal with setbacks and how to cope when the worry doesn't stop.

Positive Psychology

24 Feel the Fear and do it anyway

Susan Jeffers

25 Change your life in 7 days (also available in Audio)

Paul McKenna

26 Instant Confidence (also available in Audio)

Susan Jeffers

Sources of information and support

Alcoholics Anonymous - 0845 769 7555 or 0121 212 0111

Amazon - counselling for young people under 21 who have been sexually abused - 0121 236 9222

Aquarius - support for people affected by alcohol misuse - 0121 414 0888

Beacon Bridge Counselling Centre (Billesley) - 0121 444 5454

Bharosa – support for Asian women - 0121 303 0368

Birmingham Women's Counselling And Therapy Centre - 0121 678 2799

Birmingham Carers Association - Information and resource service for carers - 0121 686 4060

Birmingham Women's Aid - support for women and children affected by domestic violence, rape and sexual assault - 0121 685 8550 or 0121 344 4889 (emergency line)

Birmingham Adult Education Service
Information on short courses
- 0121 303 4318

Birmingham Volunteer Action - volunteer opportunities in Birmingham - 0121 678 8867

Birmingham Women's Advice & Information Centre - 0121 212 1881

BIVO - a comprehensive online index of local resources - www.bivo.nhs.uk

Carrs Lane Counselling Centre
- 0121 643 6363

Change (Solution focused Brief Therapy) - A counselling service for anyone coping with depression, stress or anxiety - 0121 643 3057

Citizen's Advice Bureau - 0121 248 4950

Cruse Bereavement Care - support following the death of someone close - 0121 687 8010

Domestic Violence Unit - support for anyone experiencing abuse (Billesley Police Station) - 0121 626 4125

Drug Concern - for anyone affected by drug use - 0845 120 3745

Edward's Trust Sunrise - counselling and support for adults and children affected by the death of someone close - 0121 454 1705

Exercise on Prescription - local Leisure Centre - Your GP can refer you to your local leisure centre where a qualified instructor can develop a programme of exercise to suit your individual needs. Ask your GP.

Fircone - Social activities for anyone aged over 50 - 0121 643 3660

Focus Line – free telephone support for anyone affected by mental health issues - 0800 027 2127

Gamcare - information and support for individuals with a gambling problem - 0845 133600

Gingerbread - information and support for single parent families - 0800 018 4318

Hamara - counselling and support for South Asian Women aged 11 - 25 - 0121 544 1711

Job Centre: Disability Employment Advisor (Sparkhill) - covers B11, B27 and B28 areas - 0121 480 3500

Jyoti - reducing domestic violence for Asian women - 0121 693 6145

Learn Direct - advice on courses and careers - 0800 100 900

Midland Refugee Council
- 0121 242 2204

National Debtline - 0808 808 4000

Open Door Youth Counselling - counselling for people between the ages of 12 and 26 - 0121 454 1102

Pregnancy Assistance Centre
- 0121 778 3132

Rape and Sexual Violence Project - Information for survivors of rape, sexual assault and childhood sexual abuse - 0121 233 3818

Relate - counselling for individuals and couples - 0121 643 1638

Re-Think Mental Health helpline
- 0800 027 2127

Samaritans – 24-hour emotional support during times of distress
National - 08457 90 90 90
Birmingham - 0121 666 6644
Solihull - 0121 704 2255

Solihull Bereavement Counselling Service - 0121 424 5103

Solihull Council for Voluntary Services
- 0121 704 1619

South Birmingham Primary Care Psychology Service – for individuals and families - 0121 678 3400

Spice Activity Group - meet new people through a wide range of social activities - 0121 353 6161

St Martin's Centre for Health And Healing - counselling for individuals and couples 0121 600 6026

Surestart - childcare and family support - 0121 464 4772

Turning Point (Drugline) - counselling, drop in, telephone helpline - 0121 632 6363

Victim Support - support for victims of crime including domestic violence - 0121 778 6333

Work Directions - guidance on returning to work for people on health benefit, income support, incapacity benefit or disability living allowance - 0121 329 7333

Private Counselling

Keys Counselling and Psychotherapy - A private counselling service for individuals and couples - 0121 449 8122

Willow Counselling Services - a private counselling service offering short and long term counselling to individuals and couples - 0121 707 6797

The Well, Natural Health Centre - Counselling and complementary therapies - 0121 443 1580

For a list of private counsellors in your area contact the British Association for Counselling and Psychotherapy (BACP) - 0870 443 5252 or the United Kingdom Council for Psychotherapy (UKCP) - 020 7436 3002.