

## References for Psychological Wellbeing Practitioner Manuals

### General

Richards, D.A. & Whyte, M. (2011). *Reach Out: National Programme Student Materials to Support the Delivery of Training for Psychological Wellbeing Practitioners Delivering Low Intensity interventions* (3rd edition). London: Rethink Mental Illness.  
[http://cedar.exeter.ac.uk/media/universityofexeter/schoolofpsychology/cedar/documents/Reach\\_Out\\_3rd\\_edition.pdf](http://cedar.exeter.ac.uk/media/universityofexeter/schoolofpsychology/cedar/documents/Reach_Out_3rd_edition.pdf)

Bennet-Levy, J. & Richards, D., Bennett-Levy J., Richards D., Farrand P., Christensen H., Griffiths K., Kavanagh D., Klein B., Lau M.L., Proudfoot J., Ritterband L., White J., Williams C. (2010) *Oxford guide to low intensity interventions*. Oxford: Oxford University Press.

Bennet-Levy, J. (2004) *Oxford Guide to Behavioural Experiments in Cognitive Therapy* (a practitioner's guide to behavioral experiments only, one of the key techniques in CBT approach to anxiety and depression)

Papworth, M., Marrinan, T., Martin, B., Keegan, D., and Chaddock, A. (2013). *Low Intensity Cognitive-Behaviour Therapy: A Practitioner's Guide*. London: Sage. Reach Out (Orange)

### Depression

Richards DA, Rhodes S, Ekers D, McMillan D, Taylor RS, Byford S, *et al*. Cost and Outcome of Behavioural Activation (COBRA): a randomised controlled trial of behavioural activation versus cognitive behavioural therapy for depression. *Health Technology Assessment* 2017;21(46) <https://doi.org/10.3310/hta21460> (Open access. This is the final report of the Cobra project that used Behavioral Activation to treat depression. Appendix 7 contains the therapist manual. One UK RCT has demonstrated the efficacy of BA based on this manual and delivered by low intensity workers)