



CBT Technique/Skill-Specific Readings

1. Cognitive Restructuring for Negative Thought Patterns

- Mind Over Mood, 2nd Edition: [Scribd Full Text](#)
 - Adapting Cognitive Behaviour Therapy for People with Intellectual Disabilities: [Cambridge University Press](#)
 - Cognitive-Behavior Therapy and Intellectual Disabilities (NASDDDS): [NASDDDS PDF](#)
 - The Cognitive Behavioral Workbook for Anxiety: [PDF Download](#)
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2. Behavioral Activation for Mood Regulation

- Behavioral Activation for Depression (University of Michigan): [PDF Manual](#)
 - Behavioral Activation for Depression (Martell et al.): [PDF Article](#)
 - The Dialectical Behavior Therapy Skills Workbook: [Scribd](#)
 - CBT for People with Mild Intellectual Disability and Mood Disorders (UCL Manual): [UCL Manual Download](#)
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3. Psychoeducation on Thoughts-Feelings-Behaviors Link

- Learning Cognitive-Behavior Therapy: An Illustrated Guide: [Scribd](#)
- The Zones of Regulation: [NHS Borders Info Sheet/Official Resources](#)
- Cognitive-Behavioral Therapy for Adults with Autism: [Autism Spectrum Disorder | Fact Sheet - ABCT - Association for Behavioral and Cognitive Therapies](#)

4. Social Skills Training and Assertiveness

- The Social Skills Picture Book (Jed Baker): [FlipHTML5 Preview](#)
- Skillstreaming the Adolescent (Goldstein & McGinnis): [Overview and Resources](#)
- Cognitive-Behavioral Social Skills Training for Schizophrenia: [CBT Social Skills Training](#)
- Social Skills Training for Children and Adolescents with Asperger Syndrome and Social-Communication Problems (Jed Baker): [Autism Awareness Centre](#)