

CBT Informed Interventions

Guided self-help is a low intensity form of intervention, recommended by NICE guidelines as a first step treatment option for many problems. It involves using self-help materials with the support and assistance of a suitably trained adult. Typically, this will be school staff, with the level of training specified where possible (i.e., a member of staff who has been given time to read the programme resources, and to individualise the lesson plans for specific needs and goals). Guided self-help focuses on providing CYP with techniques and coping strategies that they can implement and use in the long term.

When recommending guided self-help interventions, consideration will need to be given around **supervisory arrangements**.

Examples of guided self-help intervention¹

Title	Author	Presenting Problem
<i>Think Good Feel Good</i>	(Stallard, 2002)	<ul style="list-style-type: none">• Anxiety• Low mood• Anger
<i>Gremlin Series</i>	(Collins-Donnelly, 2019)	<ul style="list-style-type: none">• Anxiety• Low mood• Anger• Self-esteem
<i>Overcoming/Helping your Child with Fears & Worries</i>	(Creswell & Willetts, 2007, 2019)	<ul style="list-style-type: none">• Anxiety (parent led)
<i>The Homunculi Approach</i>	(Grieg & MacKay, 2013)	<ul style="list-style-type: none">• ASD
<i>Pesky Gnats</i>	(O'Reilly, 2007)	<ul style="list-style-type: none">• Anxiety• Low mood• Anger
<i>Regulate Anxiety Workbook for Kids</i>	(Sharon Lynn, 2022)	<ul style="list-style-type: none">• Anxiety
<i>CBT Toolbox for Children & Adolescents</i>	(Weed-Phifer et al., 2017)	<ul style="list-style-type: none">• Trauma• ADHD• ASD• Anxiety• Low Mood

¹ Please note that while guided self-help examples use a CBT informed approach, they may not always have a specific accompanying evidence base.

<i>Am I Depressed?</i>	(Reynolds & Parkinson, 2015)	<ul style="list-style-type: none"> • Conduct • Low mood
<i>Breaking Free from OCD</i>	(Robinson et al., 2008)	<ul style="list-style-type: none"> • OCD
<i>CBT Workbook for Kids</i>	(Davidson, 2019)	<ul style="list-style-type: none"> • Children (6-10) • Worry/anxiety
<i>The Worry Workbook for Teens</i>	(Micco, 2017)	<ul style="list-style-type: none"> • Anxiety • Worry
<i>The Mindfulness Workbook for Teens Anxiety and Depression*</i>	(Thompson, 2020)	<ul style="list-style-type: none"> • Anxiety • Low mood
<i>The Mental Health and Wellbeing Workout for Teens**</i>	(Nagel, 2019)	

*Mindfulness component

**Acceptance & Commitment Therapy (ACT) component

Online, computer or app-based CBT guided self-help resources:

- [Mood Cafe | Online Counselling/CBT](#)
- [CBT Worksheets for Children | Therapist Aid](#)
- Introductory Self-help Course in CBT [Cognitive Behaviour Therapy - how it can help \(getselfhelp.co.uk\)](#)
- [Calming Anxiety — Coping Skills for Kids](#)
- [Anger Mood Juice Self-help Guide* MOODJUICE - Anger Problems - Self-help Guide \(mcgill.ca\)](#)
- Anxiety Mood Juice Self-help Guide* [MOODJUICE - Anxiety - Self-help Guide \(mcgill.ca\)](#)
- Shyness & Social Anxiety Self-help Guide* [MOODJUICE - Shyness & Social Anxiety - Self-help Guide \(sitotapsy.com\)](#)
- [Dealing with worry Managing_Your_Worries.pdf \(exeter.ac.uk\)](#)

- Mindshift [MindShift CBT - Anxiety Relief on the App Store \(apple.com\)](https://www.apple.com/uk/apps/itunes-apps?cid=app-store)
- Catch it* (App)
- Stress & Anxiety Companion* (App)
- Ieso* (App)
- Clear Fear* (App)
- CBT App 4 Kids (App)
- What's up [APPS | CAMHS Resources \(camhs-resources.co.uk\)](https://www.camhs-resources.co.uk/apps/whats-up)
- Moodkit [APPS | CAMHS Resources \(camhs-resources.co.uk\)](https://www.camhs-resources.co.uk/apps/moodkit)
- Worry Tree [APPS | CAMHS Resources \(camhs-resources.co.uk\)](https://www.camhs-resources.co.uk/apps/worry-tree)
- [moodgym - Interactive skills training for depression and anxiety](https://www.moodgym.com/) (16+)
- SilverCloud* (16+) (App)

**NHS approved*