

Litteraturliste

Metakognitiv terapi (MCT)

Obligatorisk litteratur

Wells, A. (2011). *Metacognitive therapy for anxiety and depression*. Guilford Press.
Normann, N. (2015). *Metakognitiv terapi – til børn med angst*. Dansk Psykologisk Forlag.

Supplerende litteratur

Sørensen, L. (2013). *Stressbehandling med metakognitiv terapi*. Dansk Psykologisk Forlag.
Callesen, P. (2012). *Lev mere, tænk mindre*. Psykologisk Forlag.
Callesen, P. (2014). *Grib livet, slip angsten*. Psykologisk Forlag.

Kognitiv adfærdsterapi (KAT)

Obligatorisk litteratur

Beck, J. S. (2007). *Kognitiv adfærdsterapi*. Akademisk Forlag.

Supplerende litteratur

Arendt, M., Normann, N., & Rosenberg, N. K. (Red.). (2021). *Kognitiv adfærdsterapi på tværs: Transdiagnostiske problemer og metoder*. Hans Reitzels Forlag.
Beck, J. S. (2009). *Udfordringer i kognitiv terapi*. Akademisk Forlag.
Tingleff, H. (2009). *Kognitiv terapi – Metoder i hverdagen 1*. Mindwork.

Acceptance and Commitment Therapy (ACT)

Obligatorisk litteratur

Harris, R. (2011). *ACT teori og praksis* (S. Søgaard, Trans.). Dansk Psykologisk Forlag.
Harris, R. (2019). *ACT – spørgsmål og svar* (S. L. Giese, Trans.). Dansk Psykologisk Forlag.

Supplerende litteratur

Harris, R. (2012). *Når virkeligheden slår hårdt* (S. Søgaard, Trans.). Dansk Psykologisk Forlag.
Eifert, G. H., & Forsyth, J. P. (2005). *Acceptance and commitment therapy for anxiety disorders*. New Harbinger Publications.
Zettle, R. D. (2010). *ACT for depression: A clinician's guide to using Acceptance and Commitment Therapy in treating depression*. New Harbinger Publications.

Overbygning ACT

Obligatorisk litteratur

Luoma, J. B., Hayes, S. C., & Walser, R. D. (2017). *Learning ACT: An Acceptance & Commitment Therapy skills training manual for therapists* (2. rev. udg.). New Harbinger Publications.

Supplerende litteratur

Walser, R. D. (2019). *The Heart of ACT: Developing a flexible, process-based, and client-centered practice using Acceptance and Commitment Therapy*. Context Press.

Törneke, N. (2011). *Relational frame theory – Teori og klinisk praksis* (C. Pietsch, Trans.). Dansk Psykologisk Forlag.

Kjelgaard, R. (2021). *Samtaler som forandrer: Behandlerens guide til ACT i teori og praksis*. Griflæ Forlag.

Dialektisk Adfærdsterapi (DAT)

Obligatorisk litteratur

Kåver, A., & Nilsson, Å. (2014). *Grundbog i dialektisk adfærdsterapi*. Hans Reitzels Forlag.

Supplerende litteratur

Linehan, M. M. (2018a). *DAT: Færdighedstræning [DBT skills training manual]*. Dansk Psykologisk Forlag.

Linehan, M. M. (2018b). *Manual og kursusark/arbejdsark [DBT skills training handouts and worksheets]*. Dansk Psykologisk Forlag.

Teglgård, T., & Wessberg, S. (2024). *DAT i hverdagen: Regulér følelserne med dialektisk adfærdsterapi*. Dansk Psykologisk Forlag.

Compassionfokuseret terapi (CFT)

Obligatorisk litteratur

Gilbert, P. (2010). *Compassionfokuseret terapi*. Dansk Psykologisk Forlag.

Supplerende litteratur

Irons, C., & Beaumont, E. (2017). *The Compassionate Mind Workbook*. Robinson.

Kolts, R., Irons, C., & Beaumont, E. (2018). *Experiencing compassion-focused therapy from the inside out*. Guilford Press.

Tilknytning, Mentalisering og Den motiverende samtale

Supplerende litteratur

- Broberg, A., Grandqvist, P., Ivarson, T., & Mothander, P. R. (2006). *Tilknytningsteori: Betydningen af nære følelsesmæssige relationer*. Hans Reitzels Forlag.
- Daniel, S. (2015). *Relation og fortælling – Tilknytningsmønstre i behandlingskontekst*. Dansk Psykologisk Forlag.
- Allen, J., Fonagy, P., Slade, A., et al. (2008). *Mentaliseringsbaseret behandling i teori og praksis*. Hans Reitzels Forlag.
- Sharp, C., & Bevington, D. (2022). *Mentalizing in psychotherapy: A guide for practitioners*. Guilford Press.
- Hagelquist, J. Ø., & Skov, M. K. (2014). *Mentalisering i pædagogik og terapi*. Hans Reitzels Forlag.
- Hagelquist, J. Ø. (2022). *Mentalisering i mødet med udsatte børn*. Hans Reitzels Forlag.
- Rosdahl, G. (2012). *Den motiverende samtale i teori og praksis*. Hans Reitzels Forlag.
- Farbring, C. Å., & Roll Nick, S. (2015). *Den motiverende samtale i praksis*. Hans Reitzels Forlag.
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Relevante forskningsartikler

Metakognitiv terapi (MCT)

- Nordahl, H. M., Vogel, P. A., Morken, G., Stiles, T. C., Sandvik, P., & Wells, A. (2018). Paradoxical improvements after metacognitive therapy in generalized anxiety disorder: A randomized controlled trial. *Behaviour Research and Therapy*, 110, 1–8. <https://doi.org/10.1016/j.brat.2018.08.005>
- Fisher, P. L., & Wells, A. (2009). *Metacognitive therapy: Distinctive features*. Routledge.
- Simons, M., Schneider, S., & Herpertz, S. (2019). Metacognitive therapy for posttraumatic stress disorder in youth: A case series. *Frontiers in Psychology*, 10, 264. <https://doi.org/10.3389/fpsyg.2019.00264>
- Normann, N., van Emmerik, A. A. P., & Morina, N. (2014). The efficacy of metacognitive therapy for anxiety and depression: A meta-analytic review. *Depression and Anxiety*, 31(5), 402–411. <https://doi.org/10.1002/da.22273>

Kognitiv adfærdsterapi (KAT)

- Hofmann, S. G., Asnaani, A., Vonk, I. J. J., Sawyer, A. T., & Fang, A. (2012). The efficacy of cognitive behavioral therapy: A review of meta-analyses. *Cognitive Therapy and Research*, 36(5), 427–440. <https://doi.org/10.1007/s10608-012-9476-1>
- Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). Cognitive therapy of depression: New perspectives. *Cognitive Therapy and Research*, 3(1), 5–37. <https://doi.org/10.1007/BF01173605>

Acceptance and Commitment Therapy (ACT)

- Hayes, S. C., Luoma, J. B., Bond, F. W., Masuda, A., & Lillis, J. (2006). Acceptance and commitment therapy: Model, processes and outcomes. *Behaviour Research and Therapy*, 44(1), 1–

25. <https://doi.org/10.1016/j.brat.2005.06.006>

Arch, J. J., & Craske, M. G. (2008). Acceptance and commitment therapy and cognitive behavioral therapy for anxiety disorders: Different treatments, similar mechanisms? *Clinical Psychology: Science and Practice*, 15(4), 263–279. <https://doi.org/10.1111/j.1468-2850.2008.00137.x>

Powers, M. B., Zum Vörde Sive Vörding, M. B., & Emmelkamp, P. M. G. (2009). Acceptance and commitment therapy: A meta-analytic review. *Psychotherapy and Psychosomatics*, 78(2), 73–80. <https://doi.org/10.1159/000190790>

Dialektisk Adfærds Terapi (DAT)

Vijayapriya, C. V., & Tamarana, R. (2023). Effectiveness of dialectical behavior therapy as a transdiagnostic treatment for improving cognitive functions: A systematic review. *Journal of Psychotherapy Research*, [vol(issue)], [sider].

Panos, P. T., Jackson, J. W., Hasan, O., & Panos, A. (2014). Meta-analysis and systematic review assessing the efficacy of dialectical behavior therapy (DBT). *Journal of Clinical Psychology*, [vol(issue)], [sider].

Compassion-focused Therapy (CFT)

Hackley, J., Dixon, A., Royle, C., Moss, C., Brown, R., & Bell, T. (2024). “Seeing myself through someone else’s eyes”: Embodying the perfect nurturer in compassion focused therapy. *OBM Integrative and Complementary Medicine*, 9(1), Article 021. <https://doi.org/10.21926/obm.icm.2401021>

[Forfatter(e)]. (2023). The effectiveness of compassion focused therapy with clinical populations: A systematic review and meta-analysis. *Journal of Affective Disorders*, 326, 168–192. <https://doi.org/10.1016/j.jad.2023.03.000>