

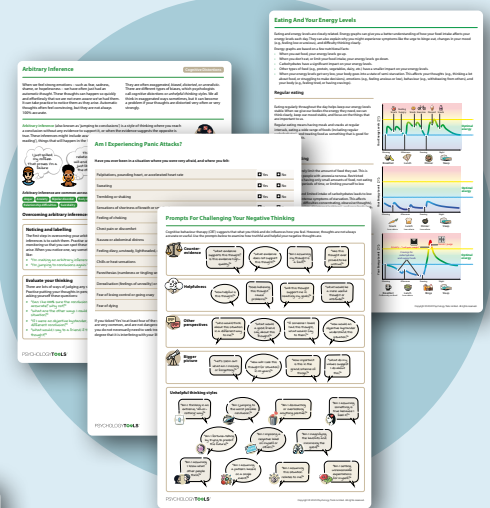
## Your teams need the right tools to do the best job.



Psychology Tools gives you access to hundreds of evidence-based psychotherapy resources, tools, and guidance. Support and enhance clinical practice, all from one digital platform.

Save time and feel better prepared for every session with ready-to-use downloadable client resources.

Choose from information handouts, worksheets, exercises, guides, *Treatments That Work*™ titles, audio skills development, and the world's largest multi-lingual library of therapy resources.



They're suitable for all stages of the therapeutic process. Use standalone resources or construct whole treatment plans with assessment, formulation, and intervention tools.



Support professional development and learning. Clinician-specific materials including guidance, theoretical context, prompts, and instructions to develop best practice and build confidence.

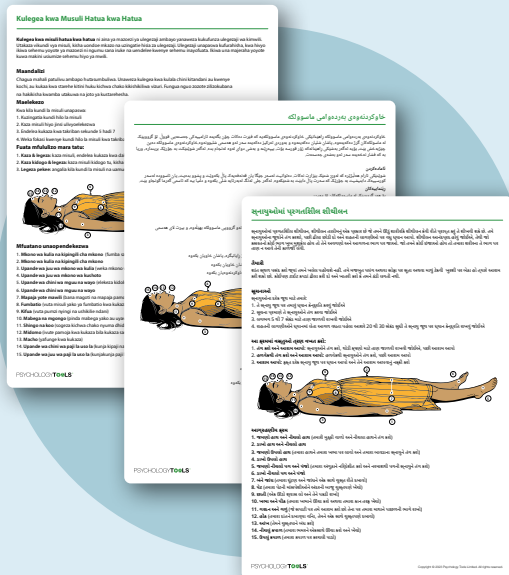


Our versatile, accessible resources allow individuals and teams to work more effectively and efficiently.

Quickly find the right materials for individual or group sessions, skills development, psychoeducation, self-practice, and much more.

Give your clients resources in their own language

With 3700+ translated resources across 70+ different languages, you can support clients in their native language.



Trusted by clinicians and leaders worldwide

Ideal for students, clinical teams, the UK's National Health Service and healthcare organizations.



Perfectly suited to however you practice

In-person sessions, remote therapy or both. Our formats are as flexible as your practice and suit a range of different learning styles.

Send resources securely from the website with our email-a-client feature.



Treatments That Work™ titles

22 gold-standard treatment manuals with step-by-step procedures for delivering evidence-based interventions.



## Cognitive distortions series

Covering 20 of the most clinically-relevant thinking biases. Including unique psychoeducation and practical strategies to manage difficulties.



## 'Understanding...' series

A range of psychoeducation guides for common mental health conditions.

Friendly and explanatory, they're a comprehensive source of information for clients.



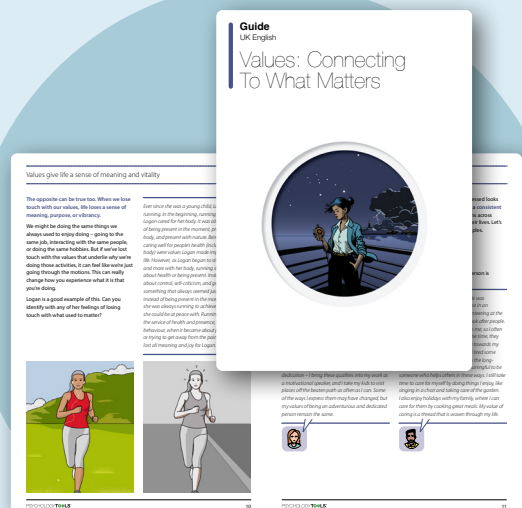
## Developing self-compassion audio collection

5+ hours of professionally recorded audio therapy and exercises to help clients develop their own self-compassion practice.



## Values: connecting to what matters

A practical self-help guide introducing a key cornerstone of acceptance and commitment therapy (ACT) and encouraging readers to take actionable steps to live in line with their values.



# Evidence-based, downloadable resources for professionals, whatever stage you are at.

## Domains we address:

### Problems

Addiction  
Anger  
Anorexia  
Anxiety  
Assertiveness  
Audiology  
Bipolar disorder  
Body dysmorphic disorder (BDD)  
Bulimia  
Depression  
Dissociation  
Eating disorders  
Fatigue  
Generalized anxiety disorder (GAD)  
Grief and loss  
Health anxiety  
Interpersonal relationships  
Memory

Obsessive compulsive disorder (OCD)  
Pain  
Panic attacks and panic disorder  
Personality disorder  
Procrastination  
Psychosis  
Post-traumatic stress disorder (PTSD)  
Self-esteem and self-criticism  
Shame  
Sleep  
Social anxiety  
Stress  
Suicide and self-harm

### Techniques

Affect regulation  
Behavioral activation  
Behavioral experiments  
Case conceptualization  
Cognitive restructuring  
Distraction  
Exposure  
Forgiveness  
Functional analysis  
Grounding  
Imagery  
Mindfulness  
Psychoeducation  
Relapse management  
Relaxation  
Self-compassion  
Self-monitoring  
Thought records

### Mechanisms

Ambivalence  
Avoidance  
Cognitive distortion  
Conditioning  
Intolerance of uncertainty  
Intrusive memory  
Intrusive thought  
Perfectionism  
Psychological inflexibility  
Rumination  
Safety behaviors  
Schema maintenance  
Selective attention  
Self-criticism  
Skills deficit  
Worry

### Therapies

CBT  
ACT  
CFT  
EMDR  
Schema therapy



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