

Support every step of your training

Evidence-based therapy tools to enhance your skills and clinical confidence.

Training as a mental health professional is rewarding — but it's also demanding.

Your clinical edge starts here. Psychology Tools offers professional-quality resources at student-friendly prices, helping you focus on learning and clinical skills development. Our online library gives you access to hundreds of evidence-based therapy resources, all designed by highly qualified clinical psychologists.

We are committed to supporting the next generation of clinicians. With the Student Plan, **you'll enjoy all the benefits of our Advanced Plan at 60% off**, for up to three years while you study.

Tools you can trust



A Career's Worth Of Resources At Your Fingertips

What's included in the Student Plan:

- 400+ ready-to-use resources:** worksheets, handouts, and exercises to support client needs.
- 30+ guides** covering psychoeducation and new skills development.
- 10+ hours of professionally recorded audio exercises** and guided techniques.
- 3,700+ translated resources in 70+ languages**, making materials accessible to clients in their native language.
- Flexible, fillable formats** for client sessions, supervision and self-study.
- Clinician and client versions of every resource**, including theory, step-by-step instructions, prompts, and references.
- Secure file sharing:** email resources to clients directly from our platform.
- Licensed to use and share with your clients** during your training and clinical practice.

The collage illustrates the variety of resources available in the Student Plan, including:

- Information Handout: Thought-Action Fusion** (Professional Version / UK English): A worksheet for clients to evaluate their thoughts and actions.
- Thought-Action Fusion**: A worksheet for clients to identify thoughts and actions that are causing them distress.
- Lightbulb icon**: A graphic representing ideas or knowledge.
- Mobile App Screenshots**: Screenshots of the Psychology Tools mobile application showing different modules like "Psychology Tools For Anxiety", "Psychology Tools For Depression", and "Psychology Tools For Mindfulness".
- Complex Diagram of the Human Body**: A detailed diagram of the human torso with various psychological concepts labeled, such as "Reazione di attacco o fuga" (Fight or Flight Response), "攻撃反応・逃亡反応" (Attack Response - Flight Response), and "呼吸" (Breathing).

Enhance Your Clinical Practice

Why trainees choose Psychology Tools

Save time and feel more confident in your sessions.

Finding, creating, and adapting materials is time-consuming, and quality isn't always assured. With Psychology Tools, you get instant access to a professional-grade library, trusted by clinicians worldwide.

- **Enhance client sessions** with versatile materials for all learning styles.
- **Suitable for both high- and low-intensity interventions**, including CBT, schema therapy, ACT, and integrative approaches.
- **Ideal for all stages of the therapeutic process:** use standalone resources or construct whole treatment plans with assessment, formulation, and intervention tools.
- **Support clients in their native language** with multilingual therapy resources in 70+ languages. Consistent formatting across all languages makes them easy to use, improving understanding, engagement, and outcomes.

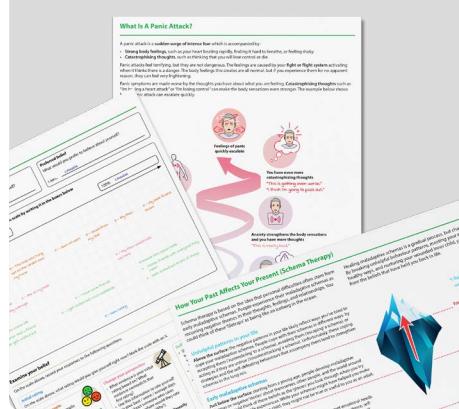
Accelerate your professional development.

- **Build confidence** with clinician-specific versions designed to deepen knowledge and best practice.
- **Clinical theory made practical:** each pack includes the key elements you need to deliver resources most effectively and encourage theory-practice links.
- **Step-by-step instructions** and guidance to support you in learning and applying new techniques in line with best practice.

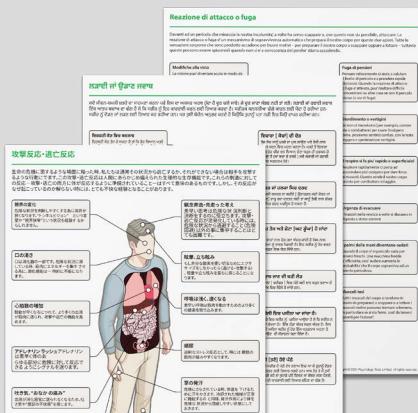
Trusted by clinicians worldwide

Our resources are used by thousands of professionals and organizations globally — including over 80% of UK NHS Mental Health Trusts. Learn by using the same tools as the professionals.

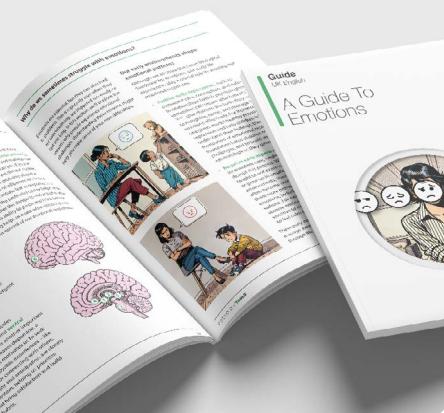
Worksheets, information handouts, and exercises



Multilingual translations



Detailed skills development and psychoeducation guides



Professional and client packs



Professionally recorded audio therapy



Fillable, editable formats



Categories And 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
Therapies
CBT
ACT
CFT
EMDR
Schema therapy

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

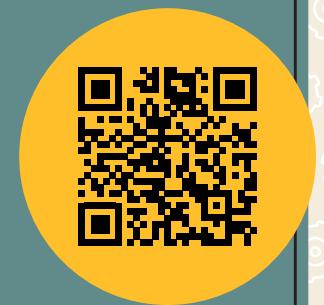
**SAVE 60%
WITH THE
STUDENT
PLAN**

As a registered student at a recognized educational institution, you're eligible for our **Student Plan!** It includes full access to all the features of our Advanced Plan, at **60% off for up to 3 years.**

\$ USD | £ GBP | A\$ AUD | € EUR | CA\$ CAD
\$80 | £75 (incl. VAT) | A\$125 | €80 | C\$110

What you get:

- Full access to all Advanced features
- Professional tools at a student-friendly price
- Long-term discount while you study



How to claim:

1. Complete the student verification [form](#).
2. Once verified, we'll send you a unique sign-up link.
3. Activate your plan!

What Our Customers Say



Ash Hendry
Student

Tackling overwhelm with quality content

"In the early stages of my career, I often found the sheer volume of available therapy tools and resources overwhelming. Sourcing appropriate, evidence-based content that I could feel confident using with clients, and that they could understand, was a constant challenge. I then found Psychology Tools. It has streamlined my session preparation significantly. The quality, clarity, and structured nature of their resources made it a straightforward decision to sign up for an annual membership."

Supporting my development as a student

"As a Master's student, I've found the range of formats, from clinician guides to refreshers and themed series incredibly helpful. The materials provide accessible insights into therapies and disorders, building my foundational knowledge without overwhelming me. This is especially valuable when trying to navigate complex topics or prepare for placements."

Strengthening therapeutic delivery

"The evidence-based treatment guides and client workbooks are my go-to tools. They help me embed structure into my sessions, offer psychoeducation, and support clients with targeted exercises between appointments. They're also a great resource for reinforcing learning during supervision or peer discussion."



Nancie Prud'homme
NHS: Essex Partnership University Trust, UK

Time-saving, high-quality resources

"We began using Psychology Tools because we didn't have the time to prepare detailed, high-quality materials ourselves. Working across different modalities and therapeutic approaches, it's invaluable to have a trusted library of resources we can easily access. The quality is consistently high, which gives us confidence in what we're sharing with clients."

Professional, editable, and multilingual

"We trust the materials because they're developed by professionals, and both the professional and client versions are well-designed and clear. While we could create our own resources, they simply wouldn't look as good. It's also a bonus that the resources are editable, which helps especially when working with interpreters or clients who need materials in other languages."

