

*Overcoming Depression for Dummies* is a comforting and empathic self-help text. A particularly successful feature is the combination of information with techniques and tools to address depression. As such, this text is an extremely comprehensive guide for someone who wants to learn more about depression itself and the main cognitive and interpersonal techniques to address depression. The comprehensiveness of the volume does however mean that, at times, the book can feel a little dense and it may take time to grasp the key concepts. The book uses its own terminology (e.g. “thought catcher” and “putting the thought on trial”) and even though these terms make intuitive sense, it takes a while to become familiar with them.

As with any self-help material, this book could be used in a range of ways. There are several chapters or sections that could happily stand alone, and individuals with depression may derive great benefit from merely dipping into parts of the book, although ideally the book (and particularly the cognitive and behavioural sections) would be worked through in a systematic manner. This text may be particularly suited for use in guided self-help interventions as provided by Low Intensity Workers in the new IAPT services.

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### **Therapy To Go: Gourmet Fast Food Handouts for Working with Adult Clients**

Clare Rosoman

London: Jessica Kingsley Publishers, 2008. pp. 263. £29.99 (hb). ISBN: 978-1-84310-642-5. doi:10.1017/S1352465809990154

Clare Rosoman's *Therapy to Go* provides a variety of handouts and worksheets for clients in a readily-accessible format. The resources are designed to be used by a range of therapists, including counsellors and psychologists, to augment their work. The development of the resources has been influenced by different therapeutic orientations, particularly cognitive behavioural therapy (CBT), narrative therapy and solution-focused therapy.

The book is divided into “Appetisers”, “Starters” and “Dessert”. Appetisers includes a brief introduction to the intended use of the book and a description of how worksheets can complement therapy. Starters includes worksheets about general therapeutic issues (including rapport building and motivation) and therapy basics (including worksheets about CBT, goal-setting and problem-solving). This is followed by specific sections on anxiety, depression, anger and communication skills. Finally, Dessert includes sections on self-esteem and resilience (including relapse prevention). The format of the book works well. Each set of handouts and worksheets is preceded by a brief and helpful description of their content and intended use, meaning it is easy for the therapist to familiarize him or herself with each resource before considering using it with a particular client.

The book provides creative ways to explore a wide-range of general therapeutic issues and specific problems. I found the handouts and worksheets on confidentiality, goal-setting, identifying enjoyable activities and thought challenging particularly useful. The best feature of this book is that it contains such a vast range of photocopiable resources in a single place. The topics covered are so wide-ranging that it would take a busy therapist a considerable time to develop a similar set of resources of their own.

The inclusion of resources based on a variety of theoretical approaches means that this book is likely to appeal to a range of clients and therapists. However, this also means that it will be very important for therapists to make sure that they are familiar with each resource before using it with a client to ensure that it complements the approach being used in therapy. For example, as a CBT therapist, there are one or two handouts I will not be using, such as the one recommending controlled breathing in panic attacks. The author acknowledges this; the book is not intended to be a treatment manual, rather therapists are encouraged to pick and choose from the “menu” of resources.

Overall, this is a clearly written and accessible book providing resources on general therapeutic issues and specific problems. I think it would be most helpful for new trainees or therapists who have not yet developed their own resources.

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