

RESOURCE OF THE MONTH

THERAPIST AID

Essential tools for mental health professionals; therapy worksheets, audio, activities, and more

Therapist Aid is dedicated to helping mental health professionals improve their craft by providing free evidence-based education and therapy tools.

The resources have been created with clients in mind, which means avoiding jargon, and creating tools that are not only useful in theory, but in practice.

Many of the tools can be downloaded freely from the website, however, the library has a subscription to this resource so please email us for help with premium downloads or for more information: academic.library@lscft.nhs.uk.

