monthly. The final chapter is dedicated to typical case vignettes outlining different presenting problems and what the course of treatment would look like in practice.

In summary the book is well presented and easy to read. The vignettes and session extracts bring the techniques to life and guide the reader in formulating different complexities. The psycho-educational material is unique compared to other CBT textbooks, training the clinician in normalization of the patient's experiences. Having the option to download the manual means this information can then be shared with patients, depending on levels of literacy. The reader may have differing opinions on the chapters dedicated to biases and metacognitive training depending on their interest in this area. However, there is enough information within the book to hopefully please every reader.

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Addendum Conflict of Interest Statement

Following a query by a reader, the authors of a previously published paper would like to place on record the following addendum, which was omitted in the original publication.

Jones, S., Calam, R., Sanders, M. R., Diggle, P. J., Dempsey, R. and Sadhnani, V. (2013). A pilot web based positive parenting intervention to help bipolar parents to improve perceived parenting skills and child outcomes. *Behavioural and Cognitive Psychotherapy, 42,* 283–296. doi:http://dx.doi.org/10.1017/S135246581300009X

Steven Jones, Peter Diggle, Robert Dempsey and Vaneeta Sadhnani have no conflict of interest with respect to this publication.

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Rachel Calam has long standing research collaborations with staff at the Parenting and Family Support Centre, School of Psychology, University of Queensland. She has been a board member of the Triple P Research Network and is currently on the Triple P International Scientific Advisory Committee in a research capacity. The Parenting and Family Research Group at The University of Manchester and its members have no share in, ownership of, or formal relationship with, Triple P International Pty Ltd and derive no funding or royalty from it.

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