

Biography

Paul Stallard is Professor of Child and Family Mental Health at the University of Bath, UK. He trained as a Clinical Psychologist and has worked clinically with children and young people with mental health problems for 40 years. He is the author of the internationally acclaimed “Think Good Feel Good, a cognitive behaviour therapy workbook for children and young people”, and has promoted the use of CBT in the UK and internationally. He has been involved in many national research projects evaluating the effectiveness of school based CBT programmes and is currently evaluating digital CBT interventions for the treatment of depression, to improve sleep and in reducing self-harm. He has over 200 peer reviewed publications.