

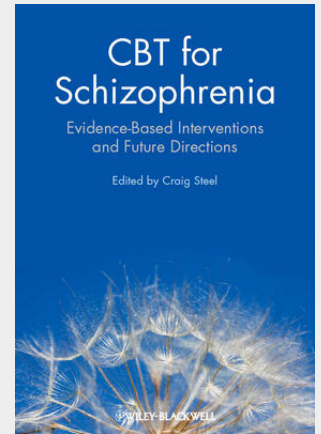
Steel

CBT for Schizophrenia

Evidence-Based Interventions and Future Directions

Informed by the latest clinical research, this is the first book to assemble a range of evidence-based protocols for treating the varied presentations associated with schizophrenia through Cognitive Behavioural Therapy * Deals with a wide range of discrete presentations associated with schizophrenia, such as command hallucinations, violent behaviour or co-morbid post-traumatic stress disorder * Covers work by the world's leading clinical researchers in this field * Includes illustrative case material in each chapter

This is the first publication to collate evidence-based protocols for the use of Cognitive Behavioural Therapy (CBT) in treating a variety of presentations associated with schizophrenia. The past two decades has seen rapid growth in the number of clinical trials aimed at evaluating psychological interventions for this disorder, resulting in the recommendation of CBT as a treatment for schizophrenia in both the UK and US. However, until recently a generic form of CBT was proposed for use with the wide range of symptoms that result in a diagnosis of schizophrenia. Here, results from the latest clinical trials, show how therapists are now able to target specific presentations with specialized CBT protocols. For the first time, this powerful form of therapy can be tailored to the treatment of discrete symptoms such as command hallucinations, violent behaviour or co-morbid post-traumatic stress disorder. Each chapter reviews the current evidence base for a specific presentation before moving on to describe the relevant treatment protocol and deploying case material to bring the methodology to life. This book will prove an invaluable resource for any clinician wanting to engage in evidence-based practice with this group.



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