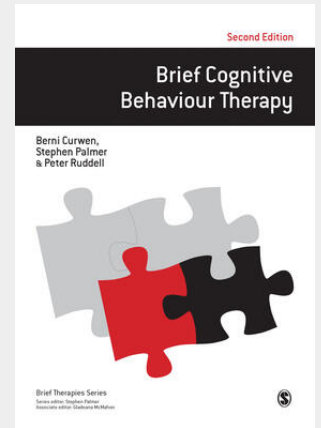


## Brief Cognitive Behaviour Therapy

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This timely new edition describes how to use cognitive behaviour therapy successfully with clients in a brief, time-limited way. After reading this book therapists will be able to provide effective help to clients suffering from a wide range of disorders, including anxiety, depression, obsessive-compulsive disorder and post-traumatic stress, or those who are suicidal. Following an explanation of brief therapy and the theory behind cognitive behaviour therapy, the authors outline strategies for helping clients overcome unhelpful beliefs and thought patterns through all stages of counselling. Using illustrative case material throughout, the updated book includes: - extra practical material for the client and therapist to use during the counselling process - a brand new chapter on brief CBT in groupwork - expansion of discussion on counselling suicidal clients within a brief CBT framework. Every trainee psychotherapist should own a copy of this book, and it is important reading for all new health professionals working in the NHS and private practice.



**69,10 €**

64,58 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

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**Artikelnummer:** 9781412929172

**Medium:** Buch

**ISBN:** 978-1-4129-2917-2

**Verlag:** SAGE Publications Ltd

**Erscheinungstermin:** 16.01.2018

**Sprache(n):** Englisch

**Auflage:** 2. rev. Auflage 2018

**Serie:** Brief Therapies series

**Produktform:** Kartoniert

**Gewicht:** 409 g

**Seiten:** 232

**Format (B x H):** 170 x 244 mm

