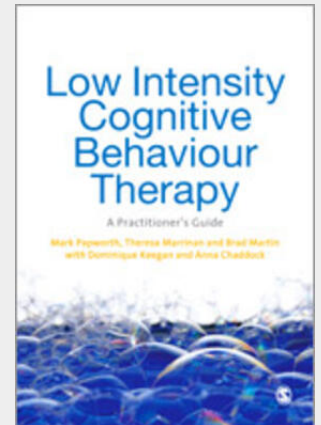


Low Intensity Cognitive-Behaviour Therapy

A Practitioner's Guide

'An engaging textbook which explores 'low intensity interventions' and modes of delivery whilst placing equal emphasis on the therapeutic value of the relationship between service user and practitioner' - Jane Briddon, APIMH Primary Mental Health Care MSC, University of Manchester This is a practical and jargon-free introduction to the principles, skills and application of Low Intensity Cognitive Behaviour Therapy (LICBT). Tailored specifically for the low intensity practitioner, it shows you how to deliver the approach to service users presenting with common adult mental health problems such as anxiety or depression, and how to use therapy 'vehicles' like supported self-help. Beginning at the initial assessment, the book will guide you all the way through the implementation of interventions to the management of endings - with key case examples threading through the book to illustrate each step. Interactive exercises will encourage your self-development, leaving you with a deeper understanding of the approach. This accessible, evidence-based book is essential reading for Psychological Wellbeing Practitioners (PWPs). It will also be useful for health professionals of all kinds who need a practical guide to applying this cost-effective therapy in clinical settings. Mark Papworth is consultant clinical psychologist at Newcastle University. Theresa Marrinan is clinical/academic tutor at Newcastle University. Brad Martin is a consultant clinical psychologist and cognitive therapist in Wellington, New Zealand. Dominique Keegan is a clinical psychologist and cognitive therapist, working in the NHS and as a clinical lecturer on the PGDipCBT at Newcastle University. Anna Chaddock is a clinical psychologist and CBT therapist in Newcastle upon Tyne Hospitals NHS Foundation Trust.



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