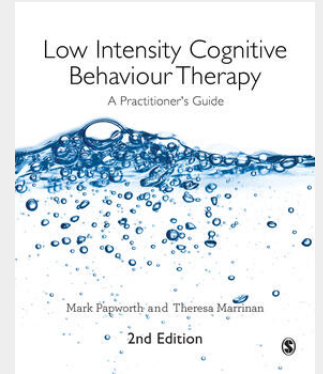


Papworth / Marrinan

## Low Intensity Cognitive Behaviour Therapy

A Practitioner's Guide

This is the essential book for any health professionals whose role incorporates low intensity CBT. It introduces readers to the principles and skills of cognitive behaviour therapy, and guides them through the entire process of working with adult patients with common mental health problems. Beginning at the initial assessment, it takes students through the implementation of interventions to the management of ending. Detailed case studies illustrate each step of patients' recovery journeys. This new edition: - is updated in line with changes in the PWP curriculum and broader IAPT policies - includes new chapters on working with older adults and patients with long-term conditions - adds new exercises to help readers reflect on their own practice, and builds confidence to help them become outstanding practitioners.



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