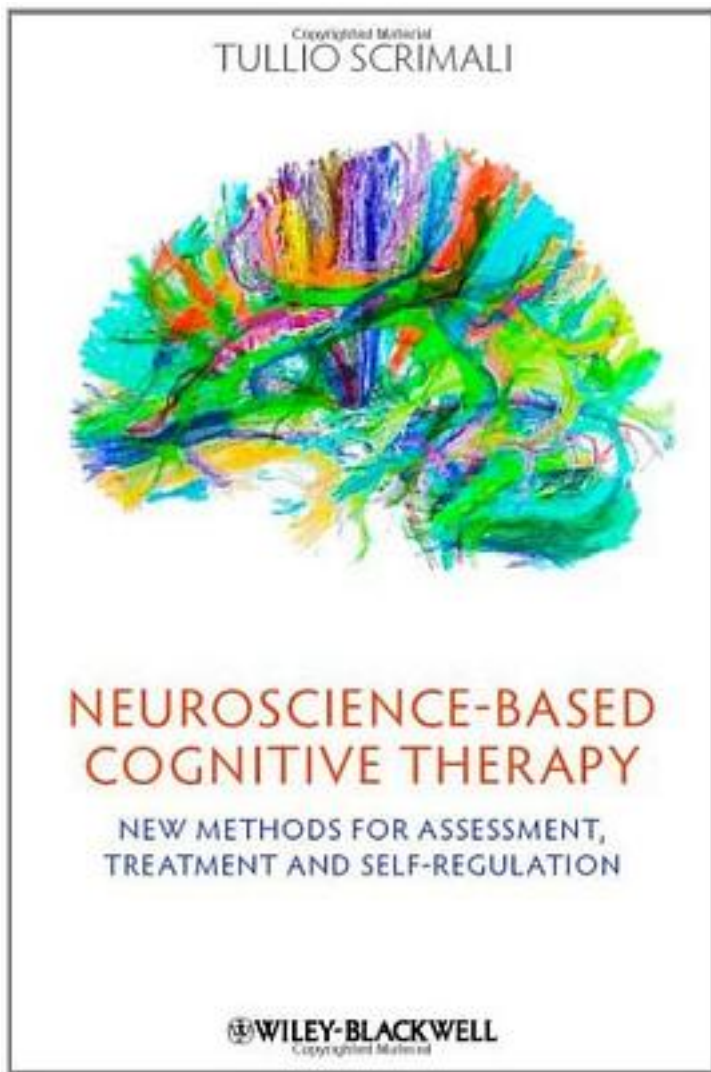


Neuroscience-Based Cognitive Therapy



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A pioneer of CBT explores recent advances in neuroscience, showing how they can be applied in practice to improve the effectiveness of cognitive therapy for clients with a wide range of diagnoses including mood disorders, anxiety disorders, eating disorders and schizophrenia Utilizes the latest advances in neuroscience to introduce tools that allow clinicians, for the first time, to directly 'measure' the effectiveness of cognitive therapy interventions Rigorously based in neuroscientific research, yet designed to be readable and jargon-free for a professional market of CBT practitioners Covers theory, assessment, and the treatment of a wide range of specific disorders including anxiety disorders, mood disorders, eating disorders, addictions and schizophrenia Written by a respected pioneer in the field

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