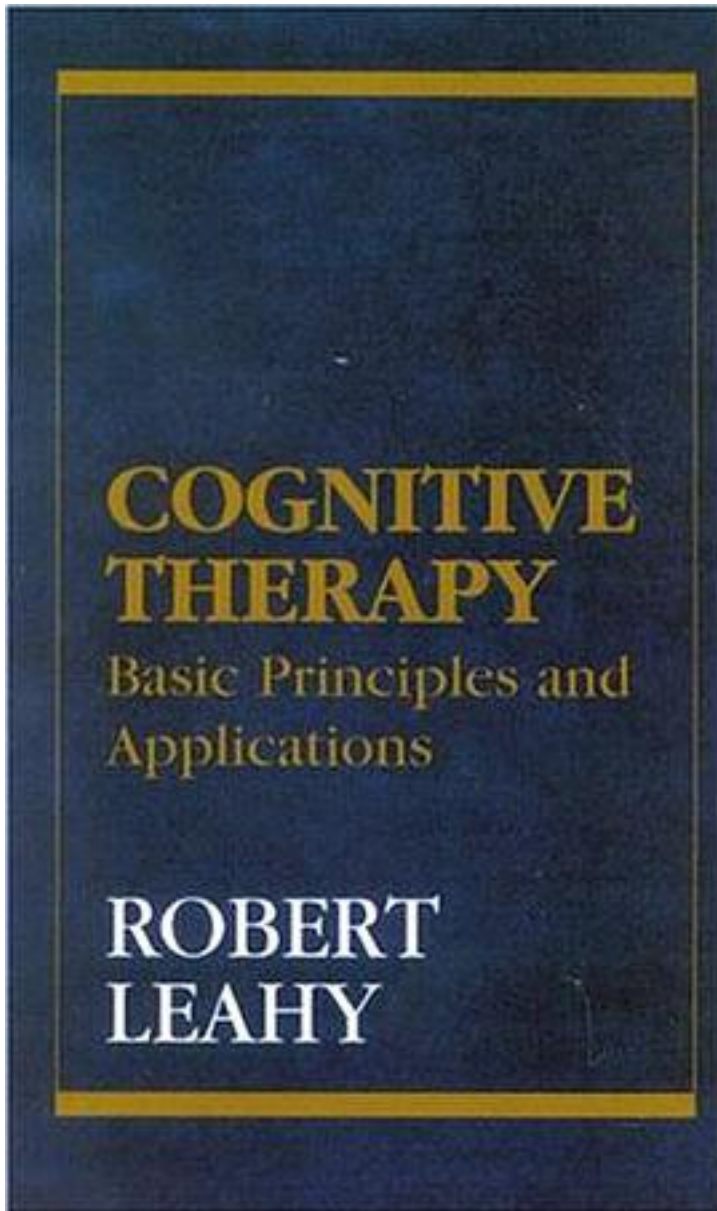


# Cognitive Therapy



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Cognitive Therapy: 100 Key Points and Techniques is a crisp, concise elaboration of the 100 main features of the most popular and best validated approach within the field of cognitive behaviour therapy. The 100 key points cover cognitive therapy theory and practice, and examine misconceptions about this approach. Divided into helpful sections, topics covered include assessment, homework, ways of detecting NATS, uncovering core beliefs and relapse prevention.

This neat, usable book is an essential guide for psychotherapists and counsellors, both in training and in practice, who need to ensure they are entirely familiar with the key features of cognitive behavioural therapy.

作者介绍:

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