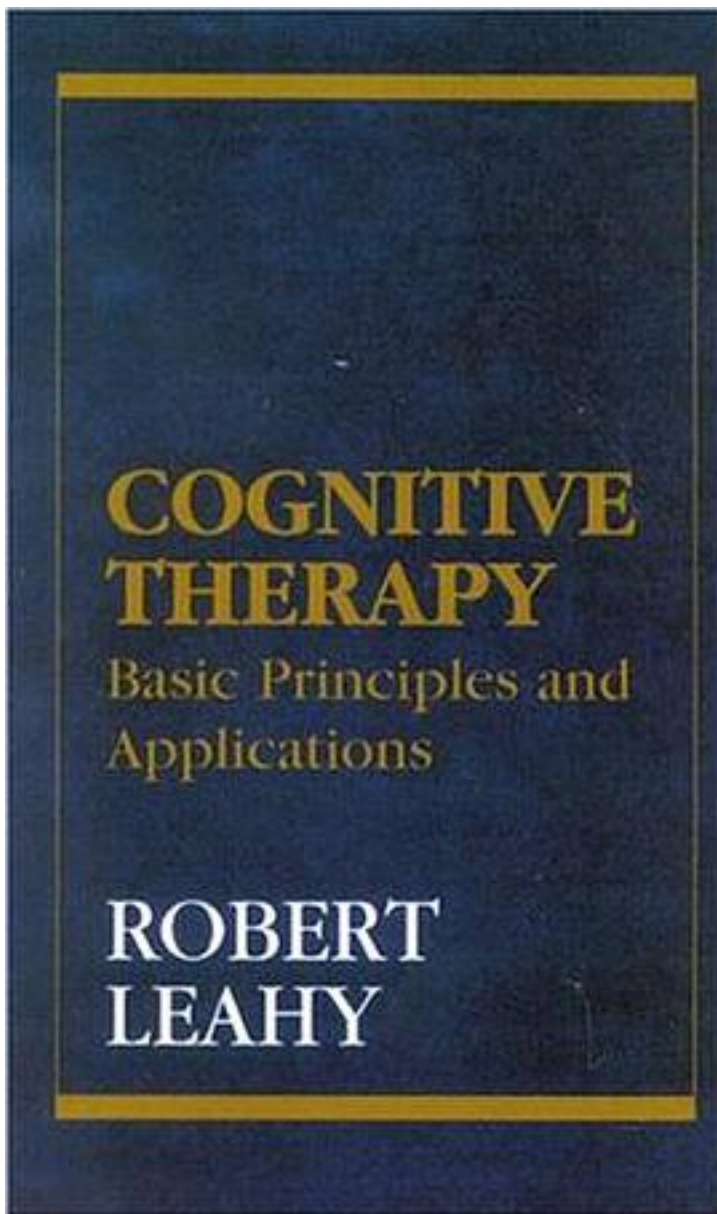


Cognitive Therapy



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'This book provides an ideal introduction in the area of cognitive therapy (CT). Sanders and Will remain true to their first edition's name of portraying with honesty the practice of CT, and in this edition build on the first to inspiringly capture the developments of CT, as well as the broadening spectrum of its practitioners. Good diagrams are provided throughout, modelling formulations and the different conceptualizations of CT, as well as exercises for use with patients. The therapy is brought to life by scripts from sample cases. The appealing yet cautionary frankness of the authors in reporting their own interactions and fallibility makes it ideal for a trainee practitioner' -

Behavioural and Cognitive Psychotherapy 'It is! particularly useful that main points are summarised in tables, making this a very easy-to-read book. It is evident from the way the material is presented that the authors are experienced therapists, who have a deep understanding of the cognitive therapy process per se and the applications of cognitive theory in general. Case studies are presented throughout the book to

illustrate the theory, offering valuable educational material to the readers. The book has also been written with an open mind, providing a balanced overview of both the strengths and limitations of an evidence-based therapeutic model. I believe that it will make a useful source for all those professionals who wish to introduce themselves to cognitive therapy as well as an excellent introductory training textbook' - Accident and Emergency Nursing 'This is an excellent summary of the current status of cognitive therapy, describing as it does both the basic approach, tools and techniques of the 'traditional' model, and the more recent developments in the field. It is well organized and easy to read, usefully illustrated with case examples, and each chapter is supported by a specific further reading list. In my view, it is appropriate for both the

cognitive therapist in training and for the more experienced therapist who wants a stimulating and helpful summary of the new ideas in the area, and wants to reflect on therapeutic process as much as content' - Clinical Child Psychology and Psychiatry

'This volume should be the first stop for mental health practitioners from all disciplines looking for an introduction to the basic art and ideas of cognitive therapy' - Adrian

Wells, Professor in Clinical Psychology, University of Manchester Diana Sanders and Frank Wills explain the central concepts on which cognitive therapy is based and describe how the model can effectively be put into practice. They take the reader through the stages of the therapeutic process, emphasizing the practical skills involved and providing examples to illustrate each stage in the process. Reflecting recent

developments in both theory and practice, the Second Edition of Cognitive Therapy has been fully revised and presents an up-to-date picture of how therapeutic change takes place across a 'network' of cognitive, emotional and behavioural functioning, reinforcing the holistic trend identified in the first edition. This edition also features new sections on: - applications of cognitive therapy - metacognition - mindfulness - the therapeutic relationship, and - behavioural experiments. As an accessible introduction to contemporary theory and practice, Cognitive Therapy is an ideal text for those working - or training to work - in the psychological therapies and mental health. Diana Sanders is Consultant Counselling Psychologist, Clinical Associate, Oxford Cognitive Therapy Centre, and Principal Counselling Psychologist, Department of Psychological Medicine, Oxfordshire Mental Healthcare NHS Trust. Frank Wills is an Independent Cognitive Psychotherapist, Bristol and Tutor, University of Wales Newport.

作者介绍:

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