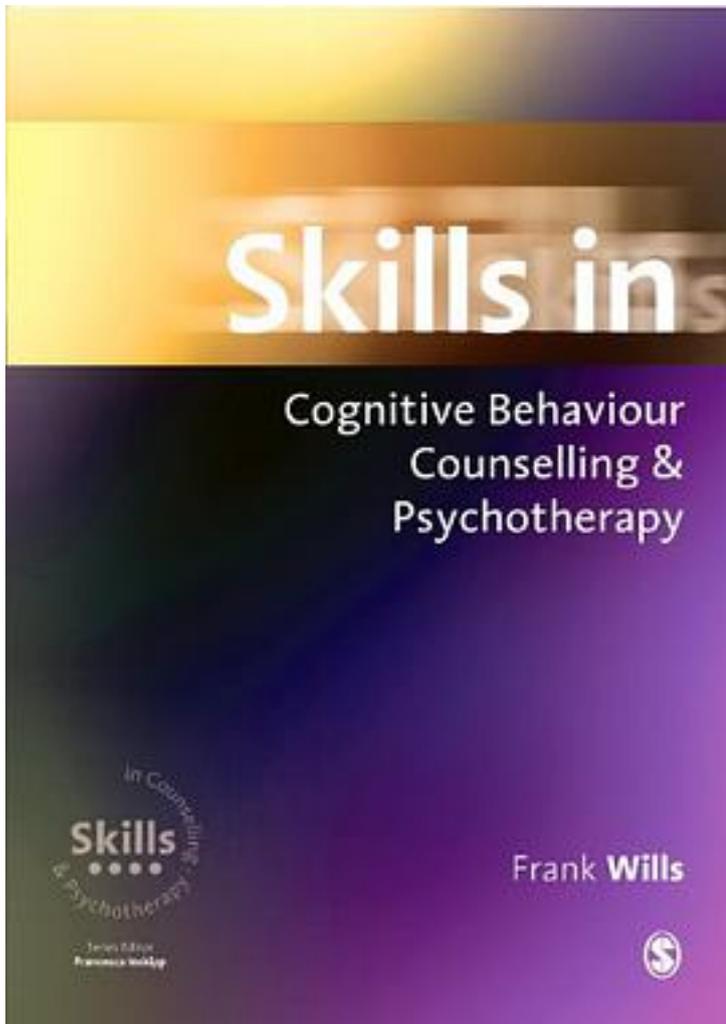


# Skills in Cognitive Behaviour Counselling and Psychotherapy



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"Skills in Cognitive Behaviour Counselling and Psychotherapy" is a practical guide to the core techniques used when working with clients in a range of therapeutic settings. Representing a truly contemporary view of the cognitive behavioural approach, Frank Wills describes the process of working in a collaborative and interpersonally informed way with clients. The book stresses the need for an emotionally based CBT and outlines the essential skills used by practitioners in: making assessments; mapping issues (formulation); developing a therapeutic relationship; and, promoting change in thinking, feelings and behaviour. The book also features exercises, samples of therapist-client dialogue and case studies to illustrate key points and deepen understanding. "Skills in Cognitive Behaviour Counselling and Psychotherapy" is written for those who are undertaking skills training and preparing to work in a wide range of health, mental health and general counselling settings. Frank Wills is an independent cognitive psychotherapist in Bristol, and a tutor at the University of Wales, Newport.

作者介绍:

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