

Cognitive Behaviour Therapy



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Cognitive Behaviour Therapy: A Guide for the Practising Clinician, Volume 2 brings the practising clinician up to date with recent developments in the continuously expanding field of cognitive behaviour therapy (CBT). As with the first volume, this book is a clinically orientated and techniques-focused CBT manual, dealing with specific clinical conditions, skilfully blending guiding theories, focused techniques and clinical flexibility. With contributions from distinguished clinicians and researchers, a variety of specific disorders are examined, including: * Social anxiety disorder, CBT for

psychoses, preventing relapse in depression; * Posttraumatic stress disorder, health anxiety; * Body dysmorphic disorder, pathological gambling, medical illness. These disorders are also discussed in the context of up-to-date processes and approaches, such as homework assignments, compassion-focused therapy and metacognitive-focused therapy. As such this book, along with the first volume, will be essential reading for all CBT practitioners, mental health professionals and students alike.

作者介绍:

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