

Cognitive Behaviour Therapy



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Cognitive Behaviour Therapy: A Guide for the Practising Clinician, Volume2 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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