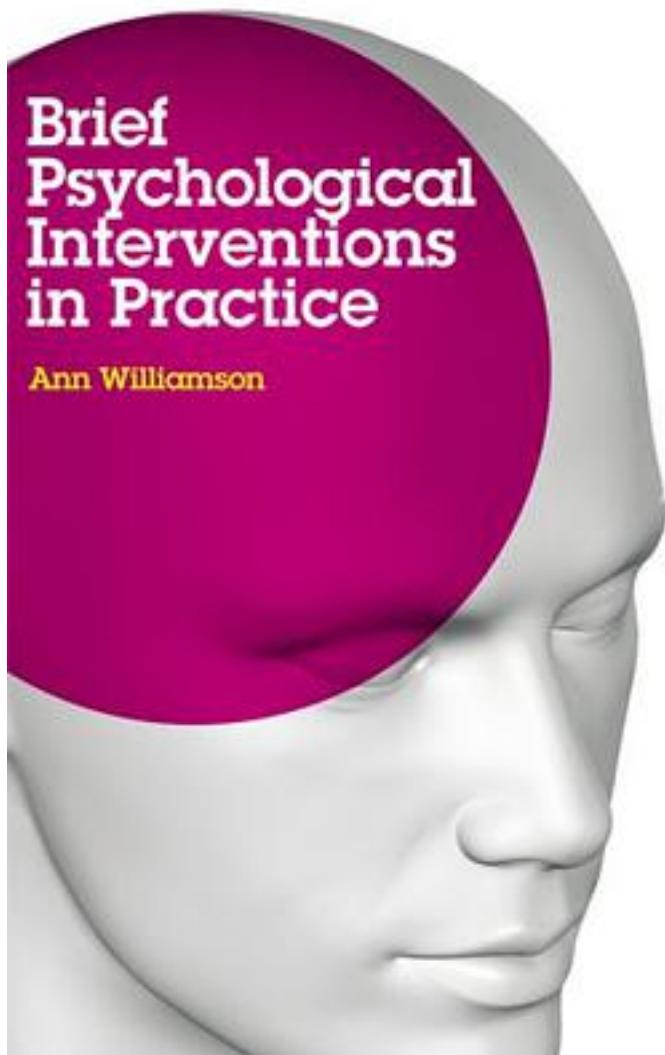


Brief Psychological Interventions in Practice



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As the extent of mental illness in the population becomes clear, so the provision of care becomes one of the major tasks facing healthcare teams. As a result, a growing army of people is being trained to offer emotional and psychological support in primary care settings. This practical guide to using brief psychological interventions within a short consultation draws together techniques from a number of approaches including CBT, Solution Focus, Brief Therapy, NLP and hypnosis.

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