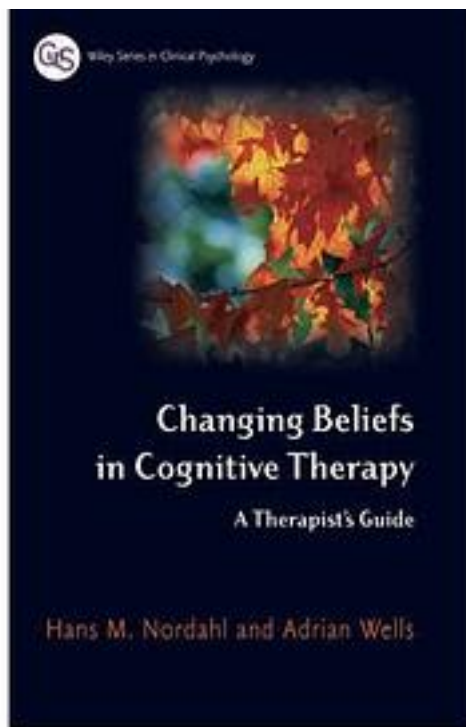


Changing Beliefs in Cognitive Therapy



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Effective belief formulation and change is imperative in cognitive therapy for a wide range of emotional problems and personality disorders, but no other book focuses on this topic.* Includes practical techniques and case studies* Adrian Wells has a very high reputation in the field* Cuts across diagnostic categories, not specific to one client group* Central topic in training/practice of mental health practitioners

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