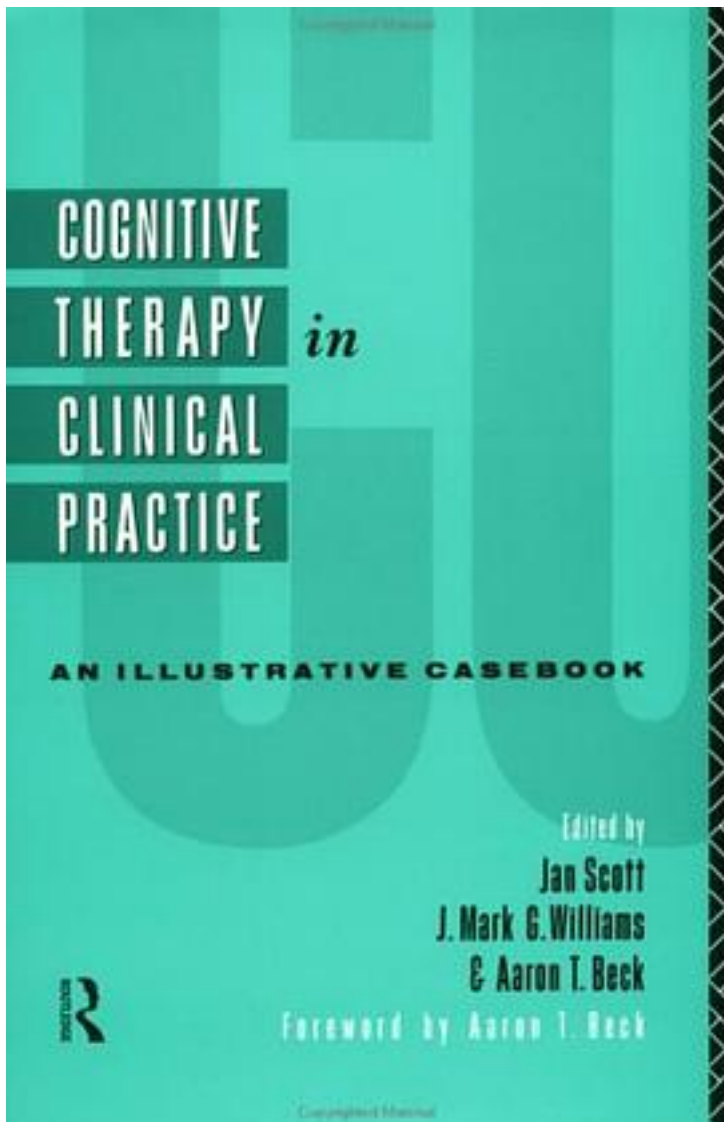


# Cognitive Therapy in Clinical Practice



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This volume contains examples of how cognitive therapists working in varied settings with groups of adult clients have applied the cognitive model in their domain. Cognitive therapy has much broader application than the traditional area of depression; contributors illustrate the way they work by using extended case material, readers will hear the voices of the clients and empathise with both client and therapist as they seek to build a collaborative relationship. Areas discussed range from drug abuse and eating disorders to obsessive behaviour. Any therapist, however experienced, will learn from 'listening in' on the cases presented and students will find it essential reading.

作者介绍:

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