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providing an accessible and thorough overview of the practice of cbt within mental health care this new edition has been updated to include revised chapters on the therapeutic relationship and case formulation new material on personality disorders and bipolar disorder new material on working with diversity content on the multidisciplinary context of cbt the service user perspective cbt from a holistic perspective developments within the cognitive behavioral psychotherapies continuous professional development for the cbt practitioner photocopyable worksheets linked to case studies an important contribution to the development of cognitive therapy that synthesizes the best of traditional cognitive therapy with important new developments emerging from a range of different areas combining practical accessibility with theoretical sophistication this book will be invaluable reading for both beginning therapists and experienced clinicians jeremy d safran ph d professor and director of clinical psychology new school for social research new york like a powerful river with many tributaries this book somehow manages to weave influences from all kinds of diverse sources into an exciting coherent whole it is everything you d want of a new cbt book for students and practitioners fresh practical accessible james bennett levy oxford cognitive therapy centre assessment and case formulation in cognitive behavioural therapy is a comprehensive guide to key areas of professional knowledge and skill the successful outcome of therapy depends on the therapist s ability to work collaboratively with clients to create rounded assessments and formulations as a solid basis for therapeutic work drawing directly on their own clinical work the authors describe how assessment and formulation should evolve throughout the process the case examples chosen include helping individuals with axis i and ii problems such as psychosis depression borderline personality disorder and family case formulation the authors also discuss the importance of

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the therapist taking into account their own beliefs and emotions in formulating each case and present suggested self practice self reflection trajectories to support continuous professional development in this area alec grant is principal lecturer and course leader msc in cognitive psychotherapy at inam university of brighton michael townend is reader in cognitive behavioural psychotherapy and programme leader for the msc in cognitive behavioural psychotherapy and postgraduate certificate in clinical supervision university of derby jem mills is managing director aurora cbt ltd and also cognitive psychotherapist in private practice adrian cockx is community psychiatric nurse and msc in cognitive psychotherapy student at university of brighton this second edition provides an accessible and thorough overview of the practice of cbt within mental health care updates and additions include revised chapters on the therapeutic relationship and case formulation new material on personality disorders and bipolar disorder new material on working with diversity content on the multidisciplinary context of cbt the service user perspective cbt from a holistic perspective developments within the cognitive behavioural psychotherapies continous professional development for the cbt practitioner photocopiable worksheets linked to case studies already a tried and tested guide for trainee psychologists and psychotherapists as well as clinicians in mental health services and private practices this text is also of value to practitioners who need refresher courses in cbt an important contribution to the development of cognitive therapy that synthesizes the best of traditional cognitive therapy with important new developments emerging from a range of different combining practical accessibility with theoretical sophistication this book will be invaluable reading for both beginning therapists and experienced clinicians a jeremy d safran ph d new school for social research new york like a powerful river with many tributaries this book somehow manages to weave influences from all kinds of diverse sources into an exciting coherent whole it is everything you d want of a new cbt book for students and practitioners fresh practical accessible a james bennett levy oxford cognitive therapy centre assessment and case formulation in cognitive behaviour therapy is a comprehensive guide to key areas of professional knowledge and skill the successful outcome of therapy depends on the therapista s ability to work collaboratively with clients to create rounded assessments and formulations as a solid basis for

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therapeutic work drawing directly on their own clinical work the authors describe how assessment and formulation should evolve throughout the process the case examples chosen include helping individuals with axis i and ii problems such as psychosis depression borderline personality disorder and family case formulation the authors also discuss the importance of the therapist taking into account their own beliefs and emotions in formulating each case and present suggested self practice self reflection trajectories to support continuous professional development in this area in line with current government policy and related recommendations and evidence based clinical practice guidelines mental health students will be increasingly required to either engage in or be appropriately familiar with the principles of cognitive behavioural interventions this book guides the reader through the fundamental principles of the approach in its various mental health application contexts enabling them to gain the confidence to engage in the supervised safe and evidence based application of these principles it will be a useful guide for mental health students who are experiencing their novice exposure to practice situations during their diploma or degree course offering a unique philosophical theoretical and process focused introduction to one of the cornerstones of cbt assessment and case formulation updated and expanded to take account of the vast developments in the field of cbt since its first publication this second edition follows a clear two part structure part one introduces trainees to the key theory practice and processes of assessment and case formulation part two provides practical illustrations of the theory through 12 extended case studies considering both simple and complex presenting issues each of these chapters follows a set structure to enable easy comparison offering all they need to know about this crucial part of their training this is essential reading for trainees on any cbt course this engaging informative book makes an exciting contribution to current discussions about the challenges and uses of contemporary autoethnography authors from a range of disciplines show and tell us how they have created autoethnographies demonstrating a rich blend of theories ethical research practices and performances of identities and voice linking all of those with the socio cultural forces that impact and shape the person the book will be a useful resource for new and experienced researchers academics who teach and supervise post graduate students and practitioners in social science who are seeking

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meaningful ways to conduct research this should be required reading for all qualitative research training written to meet the needs of those acquiring knowledge and skills in the area of cognitive behavioural therapy this book outlines the core principles involved in building the therapeutic alliance case formulation assessment and interventions an important contribution to the development of cognitive therapy that synthesizes the best of traditional cognitive therapy with important new developments emerging from a range of different areas combining practical accessibility with theoretical sophistication this book will be invaluable reading for both beginning therapists and experienced clinicians jeremy d safran ph d professor and director of clinical psychology new school for social research new york like a powerful river with many tributaries this book somehow manages to weave influences from all kinds of diverse sources into an exciting coherent whole it is everything you d want of a new cbt book for students and practitioners fresh practical accessible james bennett levy oxford cognitive therapy centre assessment and case formulation in cognitive behavioural therapy is a comprehensive guide to key areas of professional knowledge and skill the successful outcome of therapy depends on the therapist s ability to work collaboratively with clients to create rounded assessments and formulations as a solid basis for therapeutic work drawing directly on their own clinical work the authors describe how assessment and formulation should evolve throughout the process the case examples chosen include helping individuals with axis i and ii problems such as psychosis depression borderline personality disorder and family case formulation the authors also discuss the importance of the therapist taking into account their own beliefs and emotions in formulating each case and present suggested self practice self reflection trajectories to support continuous professional development in this area alec grant is principal lecturer and course leader msc in cognitive psychotherapy at inam university of brighton michael townend is reader in cognitive behavioural psychotherapy and programme leader for the msc in cognitive behavioural psychotherapy and postgraduate certificate in clinical supervision university of derby jem mills is managing director aurora cbt ltd and also cognitive psychotherapist in private practice adrian cockx is community psychiatric nurse and msc in cognitive psychotherapy student at university of brighton the cbt handbook is the most comprehensive text of its kind and an essential resource for

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trainees and practitioners alike comprising 26 accessible chapters from leading experts in the field the book covers cbt theory skills practice and research editors windy dryden and rhena branch provide a much needed guide to professional issues and the most common practice challenges and dilemmas it also describes the particular skills required for different practice settings and client groups simmons and griffiths provide a well thought out introduction to the subject area of standard cbt this text should be on the shelves of trainee cognitive behavioural psychotherapists for a considerable time to come dr alec grant university of brighton this practical guide to cognitive behaviour therapy cbt will interest a wide range of professionals and trainees across health and social care focusing on case formulation the authors show how to build a picture of each individual client using their case history to inform interventions the book covers the fundamentals of practicing cbt such as the cbt model and how to explain it to clients cbt assessment and formulation cognitive and behavioural interventions packed full of practical features like exercises case dialogue and therapy materials the book also covers a range of extra topics including assessing referrals for suitability working with motivational issues getting the most out of supervision managing therapeutic endings given the abundance of cbt texts available and the host of theoretical and conflicting positions that have arisen it can be difficult for trainees to get to grips with the practical skills necessary to carry out cbt effectively the book addresses this by equipping the cbt therapist with the essential nuts and bolts to practice cbt with confidence dr jane simmons and dr rachel griffiths are practising nhs adult mental health clinical psychologists engaging and authoritative this unique workbook enables therapists and students to build technical savvy in contemporary cbt interventions while deepening their self awareness and therapeutic relationship skills self practice self reflection sp sr an evidence based training strategy is presented in 12 carefully sequenced modules therapists are guided to enhance their skills by identifying formulating and addressing a professional or personal problem using cbt and reflecting on the experience the book s large size format makes it easy to use the 34 reproducible worksheets and forms purchasers also get access to a page where they can

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Cognitive Behavioural Therapy in Mental Health Care

2010-03-12

providing an accessible and thorough overview of the practice of cbt within mental health care this new edition has been updated to include revised chapters on the therapeutic relationship and case formulation new material on personality disorders and bipolar disorder new material on working with diversity content on the multidisciplinary context of cbt the service user perspective cbt from a holistic perspective developments within the cognitive behavioral psychotherapies continuous professional development for the cbt practitioner photocopiable worksheets linked to case studies

Assessment and Case Formulation in Cognitive Behavioural Therapy

2008-03-11

an important contribution to the development of cognitive therapy that synthesizes the best of traditional cognitive therapy with important new developments emerging from a range of different areas combining practical accessibility with theoretical sophistication this book will be invaluable reading for both beginning therapists and experienced clinicians jeremy d safran ph d professor and director of clinical psychology new school for social research new york like a powerful river with many tributaries this book somehow manages to weave influences from all kinds of diverse sources into an exciting coherent whole it is everything you d want of a new cbt book for students and practitioners fresh practical accessible james bennett levy oxford cognitive therapy centre assessment and case formulation in cognitive behavioural therapy is a comprehensive guide to key areas of professional knowledge and skill the successful outcome of therapy depends on the therapist s ability to work collaboratively with clients to create rounded assessments and formulations as a solid basis for therapeutic work

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Cognitive Behavioural Therapy in Mental Health Care

2010-02-17

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Assessment and Case Formulation in Cognitive Behavioural Therapy

2008-04

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Cognitive Behavioural Interventions for Mental Health Practitioners

2010-06-22

in line with current government policy and related recommendations

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~~and evidence based clinical practice guidelines mental health students~~
will be increasingly required to either engage in or be appropriately familiar with the principles of cognitive behavioural interventions this book guides the reader through the fundamental principles of the approach in its various mental health application contexts enabling them to gain the confidence to engage in the supervised safe and evidence based application of these principles it will be a useful guide for mental health students who are experiencing their novice exposure to practice situations during their diploma or degree course

Assessment and Case Formulation in Cognitive Behavioural Therapy

2015-11-23

offering a unique philosophical theoretical and process focused introduction to one of the cornerstones of cbt assessment and case formulation updated and expanded to take account of the vast developments in the field of cbt since its first publication this second edition follows a clear two part structure part one introduces trainees to the key theory practice and processes of assessment and case formulation part two provides practical illustrations of the theory through 12 extended case studies considering both simple and complex presenting issues each of these chapters follows a set structure to enable easy comparison offering all they need to know about this crucial part of their training this is essential reading for trainees on any cbt course

Contemporary British Autoethnography

2013-11-19

this engaging informative book makes an exciting contribution to current discussions about the challenges and uses of contemporary autoethnography authors from a range of disciplines show and tell us how they have created autoethnographies demonstrating a rich blend of theories ethical research practices and performances of identities and

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voice linking all of those with the socio-cultural forces that impact and shape the person the book will be a useful resource for new and experienced researchers academics who teach and supervise post graduate students and practitioners in social science who are seeking meaningful ways to conduct research this should be required reading for all qualitative research training

Cognitive Behavioural Therapy in Mental Health Care

2004-08-30

written to meet the needs of those acquiring knowledge and skills in the area of cognitive behavioural therapy this book outlines the core principles involved in building the therapeutic alliance case formulation assessment and interventions

Assessment and Case Formulation in Cognitive Behavioural Therapy

2008-03-11

an important contribution to the development of cognitive therapy that synthesizes the best of traditional cognitive therapy with important new developments emerging from a range of different areas combining practical accessibility with theoretical sophistication this book will be invaluable reading for both beginning therapists and experienced clinicians jeremy d safran ph d professor and director of clinical psychology new school for social research new york like a powerful river with many tributaries this book somehow manages to weave influences from all kinds of diverse sources into an exciting coherent whole it is everything you d want of a new cbt book for students and practitioners fresh practical accessible james bennett levy oxford cognitive therapy centre assessment and case formulation in cognitive behavioural therapy is a comprehensive guide to key areas of professional knowledge and skill the successful outcome of therapy depends on the

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The CBT Handbook

2012-03-05

the cbt handbook is the most comprehensive text of its kind and an essential resource for trainees and practitioners alike comprising 26 accessible chapters from leading experts in the field the book covers cbt theory skills practice and research editors windy dryden and rhena branch provide a much needed guide to professional issues and the most common practice challenges and dilemmas it also describes the particular skills required for different practice settings and client groups

CBT for Beginners

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simmons and griffiths provide a well thought out introduction to the subject area of standard cbt this text should be on the shelves of trainee

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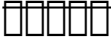
~~cognitive behavioural psychotherapists for a considerable time to come~~
dr alec grant university of brighton this practical guide to cognitive behaviour therapy cbt will interest a wide range of professionals and trainees across health and social care focusing on case formulation the authors show how to build a picture of each individual client using their case history to inform interventions the book covers the fundamentals of practicing cbt such as the cbt model and how to explain it to clients cbt assessment and formulation cognitive and behavioural interventions packed full of practical features like exercises case dialogue and therapy materials the book also covers a range of extra topics including assessing referrals for suitability working with motivational issues getting the most out of supervision managing therapeutic endings given the abundance of cbt texts available and the host of theoretical and conflicting positions that have arisen it can be difficult for trainees to get to grips with the practical skills necessary to carry out cbt effectively the book addresses this by equipping the cbt therapist with the essential nuts and bolts to practice cbt with confidence dr jane simmons and dr rachel griffiths are practising nhs adult mental health clinical psychologists

Experiencing CBT from the Inside Out

2015-01-23

engaging and authoritative this unique workbook enables therapists and students to build technical savvy in contemporary cbt interventions while deepening their self awareness and therapeutic relationship skills self practice self reflection sp sr an evidence based training strategy is presented in 12 carefully sequenced modules therapists are guided to enhance their skills by identifying formulating and addressing a professional or personal problem using cbt and reflecting on the experience the book s large size format makes it easy to use the 34 reproducible worksheets and forms purchasers also get access to a page where they can download and print the reproducible materials

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