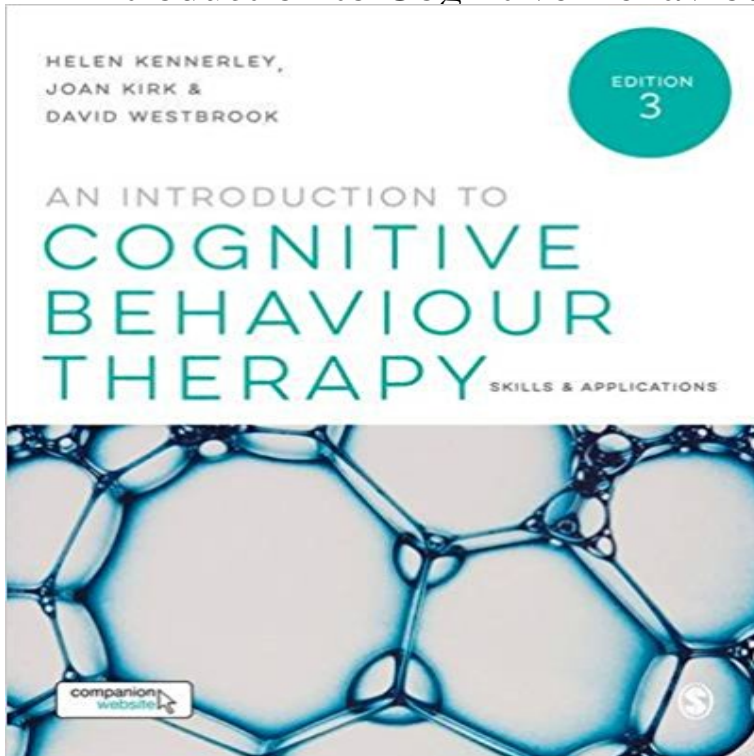


An Introduction to Cognitive Behaviour Therapy: Skills and Applications



An Introduction to Cognitive Behaviour Therapy is the bestselling and definitive guide to the basic theory, skills and applications of cognitive behaviour therapy. In this eagerly-awaited Third Edition, the authors set out the core concepts and generic skills of CBT, including case formulation; the therapeutic relationship; and cognitive, behavioural and physiological therapeutic strategies. The new edition has been fully updated to reflect recent developments in CBT theory, and includes more in-depth material on working with diversity. A range of new case studies and learning exercises helps trainees reflect on theory, and explore how it can be used to develop effective practice. The Companion Website, featuring video role-plays illustrating some of the key strategies described in the book, has been thoroughly updated and expanded, and now includes new videos on: Measuring the effectiveness of CBT; Helping patients become their own therapists; Physical techniques, including the Benson exercise and controlled breathing; Wider applications of CBT, including for eating disorders, substance abuse and self-harm; and, Using supervision in CBT. This material has been selected from the Oxford Cognitive Therapy Centres pioneering online training materials, and book buyers will be able to purchase discounted access to the full versions of these and other OCTC Online training modules. An Introduction to Cognitive Behaviour Therapy remains the essential textbook for those coming to CBT for the first time. It is also useful for more experienced therapists wanting to refresh their core skills.

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