



The CBT Handbook

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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.

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The CBT Handbook From Brand: SAGE Publications Ltd Bibliography

- Rank: #2836029 in Books
- Brand: Brand: SAGE Publications Ltd
- Published on: 2012-03-05
- Released on: 2012-03-05
- Original language: English
- Number of items: 1
- Dimensions: 9.53" h x 1.16" w x 6.69" l, 1.85 pounds
- Binding: Paperback
- 512 pages

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Editorial Review

Review

'This is an essential resource both for students of cognitive behavioural therapy (CBT) and qualified cognitive behavioural therapists.

The book is organised in five parts that (logically) cover theory, practice, common challenges, specific populations, settings and core professional issues. Student CBT practitioners will find the first three sections invaluable. More seasoned practitioners might dip into parts four and five to explore the use of CBT in different settings and with different client groups, from children to private practice to self-care and reflective practice. For practitioners working in other modalities, the book is a well-referenced and substantial introduction.

The handbook is better than similar publications that attempt to provide this comprehensive resource. It is clearly written and jargon-free; the contributors demonstrate considerable knowledge and experience in their respective specialist fields. It was also very refreshing to find chapters on ethics and supervision, which are often left out of books of this kind.

I really enjoyed the book, gained new knowledge of benefit to my own practice, and would recommend it as a first point of reference for practitioners on CBT theory and its many applications' - Therapy Today

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About the Author

Windy Dryden is one of the leading practitioners and trainers in the UK in the Cognitive Behaviour Therapy

(CBT) tradition of psychotherapy. He is best known for his work in Rational-Emotive Cognitive Behaviour Therapy (RECBT), a leading CBT approach. He has been working in the field of counselling and psychotherapy since 1975 and was one of the first people in Britain to be trained in CBT.

He has published over 200 books and has trained therapists all over the world, in as diverse places as the UK, the USA, South Africa, Turkey and Israel.

He is Emeritus Professor of Psychotherapeutic Studies at Goldsmiths, University of London.

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