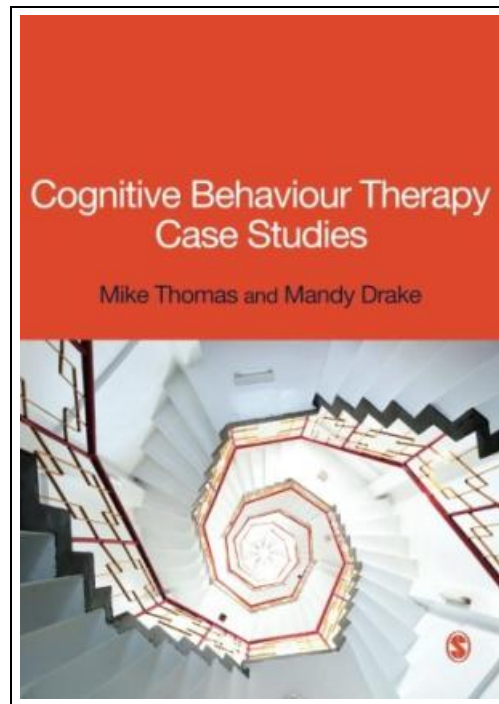


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Reviews

A very amazing publication with perfect and lucid information. We have read through and that i am certain that i will planning to study once more yet again in the future. You will not really feel monotony at anytime of the time (that's what catalogues are for about should you question me).

(Matilda Hoeger V)

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SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Cognitive Behaviour Therapy Case Studies, Mike Thomas, Mandy Drake, This book uniquely combines CBT with the Department of Health stepped care model to provide the first comprehensive case study-approach textbook. A step-by-step guide to using CBT, the book is structured around case studies of clients who present with the most commonly encountered conditions; from mild to more complex, enduring symptoms and diagnosis. This distinctive practical format is ideal in showing how to put the principles of CBT and stepped care into effect. As well as echoing postgraduate level training, it provides an insight into the experiences the trainee will encounter in real-world practice. Each chapter addresses a specific client condition and covers initial referral, presentation and assessment, case formulation, treatment interventions, evaluation of CBT strategies and discharge planning. Specific presenting problems covered include: - First onset and chronic Depression - Social Phobia - Obsessive-Compulsive Disorder - Generalised Anxiety Disorder (GAD) - Chronic Bulimia Nervosa and Anorexia nervosa - Alcohol Addiction - Personality Disorder The book also includes practical learning exercises for the reader and clinical hints, as well as extensive reference to further CBT research, resources and reading. This timely text will be invaluable for trainees on Improving Access to Psychological Therapies (IAPT) programmes, and anyone studying on postgraduate CBT courses.



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