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CBT: A CLINICIAN S GUIDE TO USING THE FIVE AREAS APPROACH (PAPERBACK)



Taylor Francis Ltd, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book. This book is essential reading for practitioners involved in introducing the use of cognitive behavioural therapy (CBT) into their clinical practice and making it truly accessible to practitioners and patients alike. It covers: * How to support someone in 10, 20 or 60 minutes using the successful and proven five areas model * The challenges faced and how to overcome these when working using guided...

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- Authored by Marie Chellingsworth, Paul Farrand, Chris Williams
- Released at 2010



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