



An Introduction to Cognitive Behaviour Therapy: Skills and Applications

David Westbrook, Helen Kennerley, Joan Kirk

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An Introduction to Cognitive Behaviour Therapy is a beginner's guide to the basic theory, skills, and applications of CBT. Well supported by research evidence, CBT has become one of the most widely practiced and most popular therapeutic approaches. For those new to the approach this practical text sets out the core concepts and generic skills of CBT including the method of Socratic dialogue, case formulation, the therapeutic relationship, and therapeutic strategies – cognitive, behavioral, and physiological.

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