



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 the definitive beginner's guide to the basic theory, skills and applications of Cbt.

In this eagerly-awaited second 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. Practical illustrations of how these techniques can be applied to the most common mental health problems ensure that theory translates into real-life practice. New to this edition, the authors examine:

- o cultural diversity in greater depth
- o the current topicality of Cbt, especially within the Nhs
- o latest Roth/Pilling Cbt competencies
- o the impact of third wave Cbt in more detail.

As well as exploring depression, panic and agoraphobia, Ocd and anxiety disorders, the book covers other less common disorders. Discussion of different methods of delivery includes work with individuals, groups, couples and families. This edition also includes extra case study material, student exercises and discussion points.

This fully updated Introduction remains the key textbook for those coming to Cbt for the first time, whether on training courses or as part of their everyday work. It is also useful for more experienced therapists wanting to refresh their core skills.

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