



CBT for Beginners

Jane Simmons, Rachel Griffiths

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CBT for Beginners, Second Edition is designed to help your students make the best start in their careers as confident CBT therapists. Comprising all the main theory and competencies covered in training, this book takes your students right back to basics, equipping them with the essential nuts and bolts to practice CBT effectively.

Key features include:

- Written in a **language** familiar to first year trainees, offering your students an **accessible** route in to the subject.
- **Exercises and case dialogue** to invite critical reflection and enhance learning.
- **Summary boxes** to check your students' understanding of key content along the way.
- **Further reading lists** to allow students to take what they have learnt to the next step.

Focusing on case formulation, the authors show how to build a 'picture' of each individual client, using their case history to inform interventions. What results is a practical guide to the fundamentals of practicing CBT, making this the ideal starter text for CBT modules on any of your counselling, psychotherapy or wider health care courses.

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Edward McClung:

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