



Cognitive Therapy in Practice - A Guide to the Assessment and Treatment of Common Psychological Problems (Paperback)

By Chris L Hamilton

Arima Publishing, United Kingdom, 2008. Paperback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book ***** Print on Demand *****.Cognitive behavioural therapy (CBT) is increasingly recognised by mental health experts as the treatment of choice for a range of health problems, including depression and anxiety disorders. But exactly what is CBT? What is the evidence for its effectiveness? And how can a doctor, social worker, counsellor or nurse use CBT with patients? Throughout this book, Consultant Clinical Psychologist Dr Chris Hamilton, an established primary care specialist, provides an outline of the problems a GP or non-specialist might encounter and explains the theory and practice of the CBT approach. He describes how to identify the indicators of disorders such as anxiety, obsessive-compulsive disorder (OCD) and depression, which may be marked by physical symptoms and provides a guide to resources available for self-help and assisted self-help. This book should provide a valuable resource to those already working in the field of mental health and those who are either contemplating training or have already embarked on a course.

DOWNLOAD



READ ONLINE

[2.91 MB]

Reviews

This publication could be worthy of a study, and superior to other. it was written extremely perfectly and beneficial. I am just easily could possibly get a delight of reading through a published pdf.

-- Prof. Bernie Torphy

I just started off reading this article ebook. It is actually written in basic words and not confusing. I am just very happy to let you know that this is the best ebook i actually have read through inside my individual daily life and can be the finest ebook for possibly.

-- Dayne Johns