



CBT: A Clinician's Guide to Using the Five Areas Approach (Paperback)

By Marie Chellingsworth, Paul Farrand, Chris Williams

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 CBT self-help * How to offer support face to face, or using telephone, email, or classes * Practical information and advice for all those wishing to use the five areas guided CBT interventions in their clinical practice * How to introduce, support and review progress using the Plan, Do, Review model * A description of the wide range of five areas resources and how to use them with patients * Support scripts and linked online resources The book provides a proven delivery model for wider dissemination of this evidence-based CBT approach. It is essential reading for general practitioners, psychologists, psychological well-being practitioners (PWPs), self-help support workers, coaches, counsellors, nurses, occupational therapists, teachers, psychiatrists, condition management/back to work teams, managers and...



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