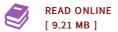


How to Become a More Effective Cbt Therapist -Mastering Metacompetence in Clinical Practice (Paperback)

By -

John Wiley Sons Inc, United States, 2014. Paperback. Condition: New. 1. Auflage. Language: English . Brand New Book. How to Become a More Effective CBT Therapist explores effective ways for therapists to move beyond competence to metacompetence , remaining true to the core principles of CBT while adapting therapeutic techniques to address the everyday challenges of real-world clinical work. This innovative text explores how to: * Work most effectively with fundamental therapeutic factors such as the working alliance and diversity; * Tackle complexities such as comorbidity, interpersonal dynamics and lack of progress in therapy; * Adapt CBT when working with older people, individuals with long-term conditions (LTCs), intellectual disabilities, personality disorders and psychosis; * Develop as a therapist through feedback, supervision, self-practice and training.



Reviews

Extensive information! Its this sort of great read through. It is amongst the most incredible book i have go through. I realized this publication from my i and dad suggested this book to understand.

-- Prof. Devon Bernhard PhD

Thorough guide! Its such a very good go through. It is really simplified but surprises in the 50 % from the ebook. You will like how the blogger write this ebook.

-- Mr. Brandt Kihn

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