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The Therapeutic Relationship in Cognitive Behavioural Therapy-Striking Mooney 2018-10-29 The therapeutic relationship in CBT is often reduced to a cursory description of establishing warmth, genuineness and empathy between therapist and client. However, this therapeutic partnership is also an important feature of many other therapeutic approaches. The therapeutic relationship is a complex, yet fundamental component of treatment, and what is considered to be a successful therapeutic relationship varies greatly between clients, therapists and settings. This chapter provides an introduction to the therapeutic relationship in CBT and examines its potential role in the therapeutic process.

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Cognitive Behaviour Therapies for Couples-Roger M. D. O'Connor 2013-04-22 This book presents a comprehensive overview of the range of evidence-based approaches that have been developed for working with couples with relationship problems. It includes updated chapters on emotional focusing therapy (EFT) and cognitive-behavioural therapy (CBT) and focuses on what happens in couples therapy that is different from group therapy. The book is also an introduction to EFT basics for therapists considering expanding their practices to include emotionally focused therapy methods. It is written by a team of five authors, four of whom are working together as a full-time couple for a number of years, providing a cohesive framework based on work in a variety of contexts. While staying close to research on...
mourning and loss. The extraordinary breadth of coverage will make this book an essential source of information for students in advanced practice courses and practicing social workers alike.

Cognitive Behavioural Therapy Workbook For Dummies-Rhena Branch 2012-02-20 Dozens of practical exercises and easy to perform techniques for banishing negative thoughts before they take hold Whether you're trying to overcome anxiety and depression, boost self-esteem, beat addiction, lose weight, or simply improve your outlook, cognitive behavioural therapy (CBT) offers a practical, sensible approach to mastering your thoughts and thinking constructively. In this updated and expanded edition of the companion workbook to their bestselling Cognitive Behavioural Therapy For Dummies, professional therapists Rhena Branch and Rob Wilson show you, step-by-step, how to put the lessons provided in their book into practice. Inside you'll find a huge number of hands-on exercises and techniques to help you remove roadblocks to change and regain control over your life. Cognitive Behavioural Therapy Workbook For Dummies, Second Edition: Develops the ideas and concepts that presented in the bestselling Cognitive Behavioural Therapy For Dummies, Second Edition and provides exercises to put these ideas into practice Features a range of hands-on CBT exercises and techniques for beating anxiety or depression, boosting your self-esteem, losing weight, or simply improving your outlook on life Rhena Branch and Rob Wilson are CBT therapists at the Priory Clinic in London, and the authors of Cognitive Behavioural Therapy For Dummies.

Cognitive Behavioural Therapy for Dummies-Rob Willson 2009-09-03 "We all have aspects of ourselves that we would like to change, but many of us believe that a leopard can't change its spots - if that's you, stop there! Cognitive Behavioural Therapy for Dummies will help identify unhealthy modes of thinking - such as "a leopard can't change it's spots"! - that have been holding you back from the changes you want. CBT can help whether you're seeking to overcome anxiety and depression, boost self-esteem, lose weight, beat addiction or simply improve your outlook in your professional and personal life."

Couple Therapy for Depression-David Hewison 2014-06-19 Depression is second after heart disease as the most damaging health condition in the world. The NHS has devoted huge resources to training thousands of psychological therapists to work in 'Improving Access to Psychological Therapies' services specifically to treat depression in adults and couple therapy has been identified as one of the effective ways of treating it. Couple Therapy for Depression is an integrative 20-session couple therapy designed to treat depression in couples where there is also relationship distress. Following the recommendations of the UK's National Institute for Clinical Excellence for a behaviourally-based couple therapy treatment, it draws on RCT studies of efficacy as well as 'best practice' in behavioural, cognitive, emotionally-focused, systemic, and psychodynamic couple therapies. Sticking closely to the competencies identified for the treatment of depression and relationship distress in couples, it outlines the ways in which couple therapists can reduce damaging interactions between couples, build emotional openness and closeness, improve communication and behaviour, change unhelpful cognitions and perceptions, and help the couple cope with the ordinary and not-so ordinary stresses that arise in the course of everyday relating. Written by couple therapists who understand deeply the unique challenges of doing therapy with couples, it is based on the training programme for Couple Therapy for Depression commissioned by the NHS for use in its Improving Access to Psychological Therapies services. It begins by describing the causes and consequences of depression, and then focuses on its impact on the adult couple. Highlighting the particular techniques needed in safe and effective work with distressed couples, it goes through the different ways in which the couple's feelings, thoughts, and behaviours need to be understood and worked with in order to reduce relationship distress. It outlines the treatment of 4 different couples to illustrate the therapy in action and will be helpful for any therapist wanting to enhance their work with couples.

Counselling with Reality Therapy-Robert Wubbolding 2017-07-05 "Reality Therapy" is a cognitive behavioural therapy method that continues to grow in popularity as a therapeutic approach owing to its wide applicability, its highly practical and interactive methodology, and its actual track record in counseling and helping people. This book forms an easy-to-use introduction to this approach and includes: a discussion of the concepts behind reality therapy, choice theory, the counseling environment, procedures and special applications; information on how this approach has a wide application, including developing responsibility, motivation, self-esteem, improving relationships, dealing with discipline and problems and addictions; details of how this technique can be used in schools, by the probation service, in prisons, at work, within clinics and the health service and in many other areas where counseling is necessary.
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