



Cognitive Behaviour Therapy: A Guide for the Practising Clinician, Volume 2

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Cognitive Behaviour Therapy: A Guide for the Practising Clinician, Volume 2 brings the practising clinician up to date with recent developments in the continuously expanding field of cognitive behaviour therapy (CBT). As with the first volume, this book is a clinically orientated and techniques-focused CBT manual, dealing with specific clinical conditions, skilfully blending guiding theories, focused techniques and clinical flexibility.

With contributions from distinguished clinicians and researchers, a variety of specific disorders are examined, including:

- Social anxiety disorder, CBT for psychoses, preventing relapse in depression;
- Posttraumatic stress disorder, health anxiety;
- Body dysmorphic disorder, pathological gambling, medical illness.

These disorders are also discussed in the context of up-to-date processes and approaches, such as homework assignments, compassion-focused therapy and metacognitive-focused therapy. As such this book, along with the first volume, will be essential reading for all CBT practitioners, mental health professionals and students alike.

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