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Titolo	Cognitive behaviour therapy in the real world : back to basics / / Henck van Bilsen
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	COVER; CONTENTS; ACKNOWLEDGEMENTS; ABOUT THE AUTHOR; Introduction; CHAPTER ONE Cognitive behaviour therapy in the front line; CHAPTER TWO Structuring the process of CBT and structuring CBT sessions; CHAPTER THREE Assessment, engagement, and formulation in cognitive behaviour therapy; CHAPTER FOUR Cognitive behaviour therapy from a new perspective: different strokes for different folks; CHAPTER FIVE Making sense of the facts: formulation and treatment planning in cognitive behaviour therapy; CHAPTER SIX Cognitive behaviour therapy strategies focused on altering antecedent cognitive appraisals
	CHAPTER SEVEN Cognitive behaviour therapy methods for modifying emotion-driven behavioursCHAPTER EIGHT Cognitive behaviour therapy techniques focused on preventing emotional avoidance; CHAPTER NINE Measuring competence in cognitive behaviour therapy; REFERENCES; INDEX
Sommario/riassunto	This book is an introduction to cognitive behaviour therapy from a new perspective. The foundations are the underpinning theories of cognitive behaviour therapy (learning theories and cognitive

psychology) in combination with a transdiagnostic perspective on mental health problems. A strong case is made for a unified treatment model for mental health problems. The book provides an overview of assessment and formulation strategies that enable therapists to compose individualised treatments for their clients. A range of CBT interventions is described in detail and these are linked with formulat