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Sommario/riassunto	"How to Become a More Effective CBT Therapist explains and illustrates ways to sensitively adapt and adjust evidence-based CBT techniques to address the everyday challenges of real-world clinical work. A major new text in CBT, enabling readers to move from competence to 'metacompetence' by adhering to CBT principles while also sensitively adapting to individual client needs Offers insights on the therapeutic relationship and advice for when CBT isn't working, along with specific material on older people, LTCs, intellectual disability and severe mental illness Features contributions from well known CBT thought leaders including Willem Kuyken, Roz Shafran, Kate Davidson, Michael Worrell, Helen Kennerley and Stirling Moorey With a Foreword by Professor Tony Roth "-- "A major new text in CBT, enabling readers to move from competence to metacompetence' by adhering to CBT principles while also sensitively adapting to individual client needs"--