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Nota di contenuto	How to Become a More Effective CBT Therapist; Copyright; Contents; About the Editors; About the Contributors; Foreword by David M. Clark; Foreword by Tony Roth; I The Foundations; 1 Mastering Metacompetence: The Science and Art of Cognitive Behavioural Therapy; Introduction; The Science of CBT: Efficacy, Effectiveness and Evidence-Based Practice; The Art of CBT: Metacompetence; Three Risks to Effective Practice; Bringing the Science and Art Together: Metacompetent Adherence; Conclusion; Acknowledgements; Note; References; 2 The Central Pillars of CBT; Introduction; Core Principles of CBT Core Framework of Therapy Core Therapeutic Strategies; Conclusion; References; 3 Developing and Maintaining a Working Alliance in CBT; What is the Nature of the Working Alliance in CBT ?; Developing a Good Working Alliance; Addressing Challenges in Maintaining a Working Alliance; Where Next?; Summary; References; 4 Working with Diversity in CBT; What is "Diversity"?; How is Diversity Relevant to CBT Practice?;

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11 CBT with People with Long-Term Medical Conditions

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"--
