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Nota di contenuto	EARLY DETECTION AND COGNITIVE THERAPY FOR PEOPLE AT HIGH RISK OF DEVELOPING PSYCHOSIS; CONTENTS; List of Figures and Appendices; About the Authors; Foreword by Max Birchwood; Introduction; Acknowledgements; Part I: BACKGROUND; 1 The Importance of Early Recognition; 2 How to Identify At-Risk Groups; 3 Which Prevention Strategy to Adopt; Part II: COGNITIVE THERAPY FOR PREVENTION OF PSYCHOSIS; 4 Why Cognitive Therapy?; 5 Engagement; 6 Theory, Assessment and Formulation; Part III: CHANGE STRATEGIES; 7 Normalisation; 8 Generating and Evaluating Alternative Explanations; 9 Safety Behaviours 10 Metacognitive Beliefs 11 'I Am Different' and Other Core Beliefs; 12 Social Isolation; 13 Relapse Prevention; 14 Conclusions; Appendices; References; Index
Sommario/riassunto	Written with clinicians in mind, this book demonstrates the use of Cognitive Behavior Therapy with individuals who are at risk of developing psychosis. Divided into three parts, the book opens with the

background to the clinical trial including the rationale for the early intervention strategy, assessment strategies to identify "at risk" groups, and a review of prevention strategies. In Part II the focus is on the application of cognitive therapy for this group. Part III examines strategies for change, as well as specific issues including social isolation and relapse prevention.
