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Altri autori (Persone)	HarveyJoel SmedleyKirsty
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The importance of clinical supervisionConclusion; 4. Cognitive behaviour therapy with adolescents in secure settings: Kirsty Smedley; The secure estate for young people; Prevalence rates of mental health difficulties in young offenders; Developmental issues in adolescence; An overview of cognitive behaviour therapy; The evidence base for CBT; Using CBT with adolescents in secure settings; Defining and understanding psychosis; Psychosis and evidence-based practice; Case vignette; The challenges of providing therapy in prisons; Conclusion
5. Cognitive analytic therapy with young adult offenders: Abigail WillisIntroduction; Engaging young adult offenders in mental health services; Cognitive analytic therapy; What does cognitive analytic therapy involve?; Cognitive analytic therapy reformulation with young adult offenders; Reformulation in practice; Cognitive analytic therapy recognition with young adult offenders; Cognitive analytic therapy revision (developing exits) with young adult offenders; Contextual challenges for achieving change: the role for consultation and systemic approach
The need for a flexible application of the cognitive analytic therapy model and toolsEthical considerations; Conclusion; 6. Systemic psychotherapy in prison: David Shelton; A brief history and context; The author's work context; Research and systemic practice in prisons and forensic mental health settings; Recent developments; Key systemic concepts in the author's practice; Case example; Conclusion; 7. Working with trauma in a prison setting: Andrew Rogers and Heather Law; Introduction; Brief trauma theory and the 'fight or flight' response; Traumatic re-enactment
Attachment, trauma and brain development

Sommario/riassunto

This book examines a range of therapeutic approaches used in prisons and other secure settings and explores the challenges in such work.The approaches include Cognitive-Behavioural Therapy (CBT), Cognitive-Analytic Therapy (CAT), Attachment-Based Psychodynamic Psychotherapy and Systemic Psychotherapy. It provides insights into debates about providing therapy in prisons and other secure settings and discusses specific topics such as mental health in-reach teams, working with women in prison, therapy within therapeutic communities and therapy with black and minority ethnic groups.<