

1. Record Nr.	UNINA9910877193703321
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Titolo	Emotion-focused cognitive therapy / / Mick Power ; with assistance from Pierre Philippot and Ursula Hess
Pubbl/distr/stampa	Chichester, West Sussex ; ; Malden, MA, : John Wiley & Sons, 2010
ISBN	1-282-48216-5 9786612482168 0-470-68322-8 0-470-66006-6 0-470-66007-4
Descrizione fisica	1 online resource (214 p.)
Altri autori (Persone)	PhilippotPierre <1960-> HessUrsula <1960->
Disciplina	616.89/1425
Soggetti	Emotion-focused therapy Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and indexes.
Nota di contenuto	Emotion-FocusedCognitive Therapy; Contents; List of Tables and Figures; Acknowledgements; 1 Introduction; 2 What is an Emotion?; 3 Therapy; 4 The Assessment of Emotion; 5 Too Much Emotion; 6 Too Little Emotion; 7 Additional Topics; 8 An Overview of EFCT; Appendices; References; Author Index; Subject Index
Sommario/riassunto	Emotion Focused Cognitive Therapy argues that it is time for a new focus in psychotherapy based on emotion, and presents an innovative approach to the treatment of clients with emotional disorders. Features an approach based on the latest work in cognition and emotionOffers psychologists an innovative way of working in therapyDraws on the strengths evidence-based cognitive behavioural and interpersonal approaches to psychotherapyProvides relevant case examples throughout the textAdditional resources for the book available online <a href=""http://www.ipsp.ucl.ac.b