

1. Record Nr.	UNINA9910967842103321
Titolo	Handbook of brief cognitive behaviour therapy // edited by Frank W. Bond, Windy Dryden
Pubbl/distr/stampa	Chichester, West Sussex ; ; Hoboken, NJ, : Wiley, 2004
ISBN	9786610275243 9781280275241 1280275243 9780470021330 0470021330
Edizione	[1st ed.]
Descrizione fisica	1 online resource (332 p.)
Altri autori (Persone)	BondFrank W DrydenWindy
Disciplina	616.89/14
Soggetti	Cognitive therapy Brief psychotherapy
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	Handbook of Brief Cognitive Behaviour Therapy; Contents; About the Editors; List of Contributors; Preface; Chapter 1 Brief Cognitive-Behavioral Therapy: Definition and Scientific Foundations; Chapter 2 Assessment Issues in Brief Cognitive-Behavioral Therapy; Chapter 3 Brief ACT Treatment of Depression; Chapter 4 Panic Disorder with Agoraphobia; Chapter 5 Brief Cognitive Behavioral Intervention for Anger; Chapter 6 Cognitive Therapy for Generalised Anxiety Disorder; Chapter 7 ACT at Work; Chapter 8 Cognitive Therapy for Social Phobia Chapter 9 Brief Cognitive-Behavioral Interventions for Substance AbuseChapter 10 Brief Cognitive-Behavioral Therapy with Couples; Chapter 11 Child and Adolescence Problems; Chapter 12 Preventing and Treating Evaluation Strain: A Brief CBT Approach; Chapter 13 Preventing Counsellor Burnout in Brief Cognitive Behavior Therapy; Author Index; Subject Index
Sommario/riassunto	Brief Cognitive Behaviour Therapy can be applied to the treatment of a wide range of problems in many different settings. In this unique handbook, Frank Bond and Windy Dryden, have brought together a

prominent cast of authors, to discuss issues concerning the definition, assessment and, in particular, the practice of brief Cognitive Behaviour Therapy (CBT).Contents include:* The difference between brief and regular CBT and evidence for its effectiveness.* How to use brief CBT in your own area of practice.* Applying brief CBT to emotional disorders, anxiety, workplace stress and
