



Cognitive Behavioural Therapy in Mental Health Care

Alec Grant, Jem Mills, Ronan Mulhern, Nigel Short

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'As a lifelong disseminator of CBT I can not remember such a transformational book. I read it like a novel, cover to cover in 24 hours' - *Amanda Cole, Consultant Cognitive Behavioural Psychotherapist*

'This book is unique in presenting cognitive behaviour therapy in an accessible, contextualised way for mental health practitioners working in the NHS today. The authors have a great deal of experience of practising and teaching CBT and this richness is revealed in the many case examples throughout the text' - *Stirling Moorey, Head of Psychotherapy South London and Maudsley Trust*

'This is a wonderful text - fresh, contemporary and practical, as well as subtly subversive! It manages to convey the essence of cognitive therapy in a clear, easy-to-read manner, while drawing the reader to re-consider some of the more questionable assumptions of mainstream approaches' - *James Bennett-Levy, Oxford Cognitive Therapy Centre*

'At last, a text book about cognitive approaches to mental health that can be understood without the use of a dictionary or a scientific calculator. This book manages to bring to life both the theory of technique and the reality of practice. It is a "must have" book for anyone working in mental health' - *Ron Coleman, Author, Trainer and Consultant, Fife, Scotland*

Cognitive Behaviour Therapy (CBT) is becoming increasingly central to evidence-based mental health care and to the professional development of many mental health workers. Written to meet the needs of those acquiring knowledge and skills in this area, **Cognitive Behaviour Therapy in Mental Health Care** outlines the core principles involved in:

- } building the therapeutic alliance
- } case formulation
- } and assessment and
- } interventions

The authors emphasize the collaborative nature of CBT and its effectiveness in helping clients achieve both short-term goals, as well as more adaptive ways of thinking about themselves, others and the world over the longer term. Chapters cover the use of CBT in different settings and address a range of problems from personality disorders, depression and anxiety to the psychological problems associated with physical illness.

With case examples woven throughout, **Cognitive Behavioural Therapy in Mental Health Care** is an ideal text for use in training and a useful source of reference for qualified practitioners working in a variety of mental health settings.

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