



# **Skills in Cognitive Behaviour Counselling & Psychotherapy (Skills in Counselling & Psychotherapy Series)**

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# Skills in Cognitive Behaviour Counselling & Psychotherapy (Skills in Counselling & Psychotherapy Series)

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Well supported by research evidence, Cognitive Behaviour Therapy has become one of the most widely practised and most popular therapeutic approaches. **Skills in Cognitive-Behavioural Counselling and Psychotherapy** is a practical, skills-based text that addresses the core techniques used by practitioners in assessing clients, establishing the therapeutic relationship and working with clients to achieve therapeutic change.

This structured and systematic text covers:

- " an introduction to CBT skills
- " assessment and issue mapping
- " interpersonal skills in CBT
- " promoting changes in thinking and thinking processes
- " promoting positive behaviours
- " promoting emotional change
- " CBT and the wider field

**Skills in Cognitive-Behavioural Counselling and Psychotherapy** will appeal to a broad readership of practitioners and trainees undertaking full CBT training, professional training (eg Mental Health nursing) and general counselling or counselling skills courses.

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