



Cognitive Behavioural Counselling in Action (Counselling in Action series)

Peter Trower, Jason Jones, Windy Dryden

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This best-selling, practical, evidence-based guide to the cognitive behavioural approach takes you step-by-step through the process of counselling, from initial contact with the client to termination and follow up. The book follows a skills-based format based around the Bordin and Dryden model of bonds, goals, tasks and views, with expanded case material to further illustrate links between theory and practice.

This third edition includes new content on:

- the working alliance – what it is and why it is so important
- challenges and pitfalls in the counselling process
- when to challenge and when not to challenge clients beliefs
- emotional problems such as shame, guilt and jealousy as well as anxiety, depression and anger.

Drawing on their own extensive experience and contemporary research, the authors provide a concise overview of the cognitive behavioural approach, with new material on emotional problems rarely covered in practitioner guides, a strong emphasis on the therapeutic alliance, and updated bibliographic references throughout.

Praise for the Previous Edition:

"An elegant and informative guide to the practice of cognitive behavioural counselling ... recommended for all CBT practitioners." - *Mick Power, Professor of Clinical Psychology, University of Edinburgh*

"A deserved best-seller for over 20 years. Peter Trower and colleagues have completely revised and updated the book in light of the enormous scientific achievements of CBT in this time. This brilliant book is essential reading for all cognitive behavioural practitioners." - *Max Birchwood, Professor of Youth Mental Health, University of Birmingham*

"An absolutely wonderful book on cognitive behavioural counselling. It includes not only the basic information but also recent conceptual advances in the field. Truly, I cannot recommend this book highly enough!" - *E. Thomas Dowd, International Editor, Journal of Cognitive Psychotherapy*

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Melinda Kendall:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their spare time with their family, or their very own friends. Usually they accomplishing activity like watching television, about to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Could be reading a book may be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to try look for book, may be the publication untitled Cognitive Behavioural Counselling in Action (Counselling in Action series) can be great book to read. May be it may be best activity to you.

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A lot of people always spent their particular free time to vacation or maybe go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity that's look different you can read the book. It is really fun for you personally. If you enjoy the book that you just read you can spent the whole day to reading a e-book. The book Cognitive Behavioural Counselling in Action (Counselling in Action series) it is rather good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. When you did not have enough space to create this book you can buy often the e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not to fund but this book has high quality.

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