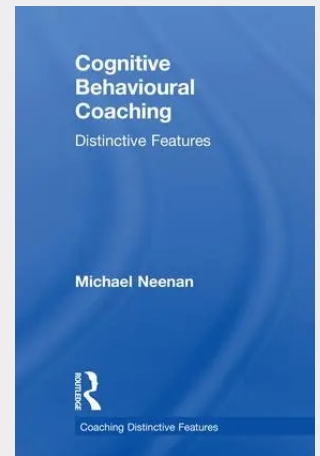


Neenan

Cognitive Behavioural Coaching

Distinctive Features

Michael Neenan clearly and accessibly introduces the 30 Distinctive Features of cognitive behavioural coaching (CBC), an approach which applies the principles of CBT to coaching. Cognitive Behavioural Coaching: Distinctive Features sets out the key theoretical and practical features of CBT and discusses how they integrate into the generic model of coaching. The book covers the four key elements in developing a coaching relationship, provides psychological and practical problem-solving models, shows how to deal with stuck points in coaching and identifies which individuals are unsuitable for CBC. As well as providing research evidence to support the effectiveness of CBC, the book demonstrates the smooth transition of CBT into CBC, and coach-coachee dialogues are interspersed throughout the text to show CBC in action. Cognitive Behavioural Coaching: Distinctive Features will be particularly useful to CBT therapists interested in adding coaching to their practice. It will also appeal to coaches in practice and in training and other professionals in coaching roles seeking an effective and straightforward coaching model.



132,50 €

123,83 € (zzgl. MwSt.)

Nicht mehr lieferbar

Artikelnummer: 9780815393429

Medium: Buch

ISBN: 978-0-8153-9342-9

Verlag: Taylor & Francis Inc

Erscheinungstermin: 20.03.2018

Sprache(n): Englisch

Auflage: 1. Auflage 2018

Serie: Coaching Distinctive Features

Produktform: Gebunden

Gewicht: 227 g

Seiten: 144

Format (B x H): 123 x 186 mm

