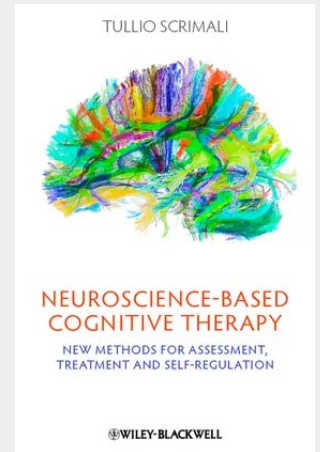


## Neuroscience-based Cognitive Therapy

New Methods for Assessment, Treatment and Self-Regulation

A pioneer of CBT explores recent advances in neuroscience, showing how they can be applied in practice to improve the effectiveness of cognitive therapy for clients with a wide range of diagnoses including mood disorders, anxiety disorders, eating disorders and schizophrenia \* Utilizes the latest advances in neuroscience to introduce tools that allow clinicians, for the first time, to directly 'measure' the effectiveness of cognitive therapy interventions \* Rigorously based in neuroscientific research, yet designed to be readable and jargon-free for a professional market of CBT practitioners \* Covers theory, assessment, and the treatment of a wide range of specific disorders including anxiety disorders, mood disorders, eating disorders, addictions and schizophrenia \* Written by a respected pioneer in the field

Neuroscience is the most powerful emerging force in the contemporary landscape of psychotherapy. In Neuroscience-based Cognitive Therapy, Tullio Scrimali explores recent advances in neuroscience, showing how they can be applied in practice to improve the effectiveness of cognitive therapy for clients with a wide range of diagnoses, including mood disorders, anxiety disorders, eating disorders and schizophrenia. Taking a hands-on approach to a topic that has previously been treated only theoretically, Scrimali provides a thorough evaluation of both old and new techniques. He introduces new technologies, including portable devices that allow clinicians for the first time to directly assess changes in brain activity within the clinical setting. He then explains how therapists can improve outcomes by using those neuroscientific findings in the ongoing therapeutic process. With its wide-ranging explication of theories and their applications, Neuroscience-based Cognitive Therapy making cutting-edge developments accessible to clinicians in their practices, as well as providing valuable tools for further research



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