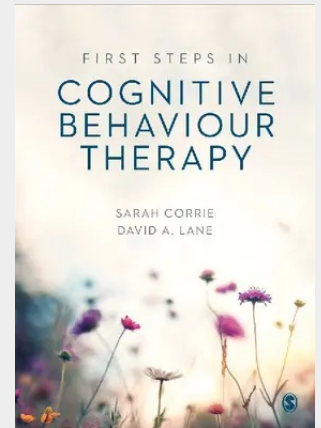


First Steps in Cognitive Behaviour Therapy

This book is a first steps introduction to cognitive behaviour therapy that will appeal to the interested reader and professionals wanting to learn about the approach. It introduces you to the history of the approach, describes its behavioural and cognitive principles, and examines key techniques and methods within the context of contemporary practice. Further chapters on Formulation, Working with Imagery, and Future Directions in CBT help you to extend your learning, while reflective activities and case studies throughout the book support you to apply principles and perspectives to practice.

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60,20 €

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Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781526499165

Medium: Buch

ISBN: 978-1-5264-9916-5

Verlag: SAGE Publishing Ltd

Erscheinungstermin: 17.02.2021

Sprache(n): Englisch

Auflage: 1. Auflage 2021

Produktform: Kartoniert

Gewicht: 315 g

Seiten: 176

Format (B x H): 170 x 244 mm

