


# An Introduction to Cognitive Behaviour Therapy: Skills and Applications

*By David Westbrook, Helen Kennerley, Joan Kirk*

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An Introduction to Cognitive Behaviour **Therapy** is the definitive beginner's guide to the basic theory, skills and applications of cognitive-behavioural therapy.

In this eagerly-awaited **Second Edition**, the authors set out the core concepts and generic skills of CBT, including case formulation; the therapeutic relationship; and cognitive, behavioural and physiological therapeutic strategies. Practical illustrations of how these techniques can be applied to the most common mental health problems ensure that theory translates into real-life practice.

New to this edition, the authors examine:

- cultural diversity in greater depth

- the current topicality of CBT, especially within the NHS

- the latest Roth and Pilling CBT competencies

- the impact of third wave and other developments in CBT in more detail.

As well as exploring depression, panic and agoraphobia, OCD and other anxiety disorders, the book considers CBT for less common disorders such as anger and eating disorders. Discussion of different methods of delivery includes work with individuals, groups, couples and families. This edition also includes new case study material and learning exercises.

This fully updated Introduction remains the key textbook for those coming to CBT for the first time, whether on training courses or as part of their everyday work. It is also useful for more experienced therapists wanting to refresh their core skills.

A Companion Website featuring streamed extracts from video role-plays is available to book purchasers, illustrating some of the key strategies described in the book. Visit the companion website at http://www.uk.sagepub.com/westbrook/.

This material has been selected from the Oxford Cognitive Therapy Centre's pioneering online training materials, and book buyers will be able to purchase discounted access to the full versions of these and other OCTC Online training modules.

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