



Cognitive Behavioural Counselling in Action **(Counselling in Action series)**

Peter Trower, Jason Jones, Windy Dryden, Andrew Casey

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This best-selling, eminently practical, evidence-based guide to the cognitive-behavioral approach to counseling has been substantially revised and updated to reflect current theoretical and practical developments in the CBT field.

The second edition contains an expanded Basic Guide to Cognitive Behavioral Counseling which takes the practitioner step-by-step through the process of counsel/ling, from initial contact with a client to the termination of counseling. The guide follows a skills-based format, and uses carefully-chosen case studies and illustrative dialogue to take each task in sequential order, providing a briefing on each task along with the practical steps needed to effect its implementation.

Drawing on their own extensive experience, and with reference to contemporary research, the book also provides a concise overview of the CBC approach to common emotional problems, with new material on complex cases and on the therapeutic alliance, with guidance to more detailed bibliographic and multimedia sources throughout.



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