Handbook of Brief Cognitive Behaviour Therapy

In this unique handbook Frank Bond and Windy Dryden have brought together a prominent cast of authors to discuss issues concerning the definition, assessment and, in particular, the practice of brief Cognitive Behaviour Therapy (CBT).

Contents of this volume include:
* The difference between brief and regular CBT and evidence for its effectiveness.
* How to use brief CBT in your own area of practice.
* Applying brief CBT to emotional disorders, anxiety, workplace stress and more.

This handbook is accessible to a wide range of readers, including academics, practitioners, psychotherapists, counsellors, and students training in CBT.