Brief Psychological Interventions in Practice

This practical guide to using brief psychological interventions within a short consultation draws together techniques from a number of approaches including CBT, Solution Focus, Brief Therapy, NLP and hypnosis.

As the extent of mental illness in the population becomes clear, so the provision of care becomes one of the major tasks facing healthcare teams. As a result, a growing army of people is being trained to offer emotional and psychological support in primary care settings. This practical guide is an excellent source.