Introducing Cognitive Analytic Therapy: Principles and Practice

This is a comprehensive, up-to-date introduction to the origins, development, and practice of cognitive-analytic therapy (CAT).

Written by the founder of cognitive-analytic therapy and an experienced psychiatric practitioner and lecturer, this text offers a guide to the potential application and experience of CAT with a wide range of difficult clients and disorders and in a variety of hospital, community care and private practice settings.

Introducing Cognitive Analytic Therapy includes a range of features to aid scholars and trainees:
  * illustrative case histories and numerous case vignettes
  * chapter summaries, further reading and a glossary of key terms
  * resources for use in clinical settings

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