



Cognitive Behavioural Counselling in Action (Counselling in Action series)

By Peter Trower, Jason Jones, Windy Dryden, Andrew Casey

Download now

Read Online →

Cognitive Behavioural Counselling in Action (Counselling in Action series)

By Peter Trower, Jason Jones, Windy Dryden, Andrew Casey

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 counselling, 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.

 [Download Cognitive Behavioural Counselling in Action \(Couns ...pdf](#)

 [Read Online Cognitive Behavioural Counselling in Action \(Cou ...pdf](#)

Cognitive Behavioural Counselling in Action (Counselling in Action series)

By Peter Trower, Jason Jones, Windy Dryden, Andrew Casey

Cognitive Behavioural Counselling in Action (Counselling in Action series) By Peter Trower, Jason Jones, Windy Dryden, Andrew Casey

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 counselling, 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.

Cognitive Behavioural Counselling in Action (Counselling in Action series) By Peter Trower, Jason Jones, Windy Dryden, Andrew Casey Bibliography

- Sales Rank: #4330525 in Books
- Brand: Brand: SAGE Publications Ltd
- Published on: 2011-01-19
- Original language: English
- Number of items: 1
- Dimensions: .90" h x 5.70" w x 8.20" l, .88 pounds
- Binding: Paperback
- 296 pages

 [Download Cognitive Behavioural Counselling in Action \(Couns ...pdf](#)

 [Read Online Cognitive Behavioural Counselling in Action \(Cou ...pdf](#)

Download and Read Free Online Cognitive Behavioural Counselling in Action (Counselling in Action series) By Peter Trower, Jason Jones, Windy Dryden, Andrew Casey

Editorial Review

Review

"An elegant and informative guide to the practice of cognitive behavioural counselling ... recommended for all CBT practitioners."

Mick Power, Professor of Clinical Psychology, University of Edinburgh

"A deserved best-seller for over 20 years. Peter Trower and colleagues have completely revised and updated the book in light of the enormous scientific achievements of CBT in this time. This brilliant book is essential reading for all cognitive behavioural practitioners."

Max Birchwood, Professor of Youth Mental Health, University of Birmingham

"An absolutely wonderful book on cognitive behavioural counselling. It includes not only the basic information but also recent conceptual advances in the field. Truly, I cannot recommend this book highly enough!"

E. Thomas Dowd, International Editor, Journal of Cognitive Psychotherapy

About the Author

Peter Trower is honorary Professor of Clinical Psychology and Associate Director and Founder of the Centre for REBT at the University of Birmingham.

Jason Jones is a Consultant Clinical and Forensic Psychologist in the NHS and Course Director at the Centre for REBT at the University of Birmingham.

Windy Dryden is one of the leading practitioners and trainers in the UK in the Cognitive Behaviour Therapy (CBT) tradition of psychotherapy. He is best known for his work in Rational-Emotive Cognitive Behaviour Therapy (RECBT), a leading CBT approach. He has been working in the field of counselling and psychotherapy since 1975 and was one of the first people in Britain to be trained in CBT.

He has published over 200 books and has trained therapists all over the world, in as diverse places as the UK, the USA, South Africa, Turkey and Israel.

He is Emeritus Professor of Psychotherapeutic Studies at Goldsmiths, University of London.

Users Review

From reader reviews:

Steven Bourg:

The book untitled Cognitive Behavioural Counselling in Action (Counselling in Action series) is the reserve

that recommended to you you just read. You can see the quality of the book content that will be shown to anyone. The language that author use to explained their ideas are easily to understand. The article author was did a lot of research when write the book, so the information that they share for you is absolutely accurate. You also might get the e-book of Cognitive Behavioural Counselling in Action (Counselling in Action series) from the publisher to make you far more enjoy free time.

Joseph Lewis:

A lot of people always spent their very own free time to vacation as well as go to the outside with them family or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book you read you can spent all day every day to reading a reserve. The book Cognitive Behavioural Counselling in Action (Counselling in Action series) it is extremely good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to deliver this book you can buy often the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not to cover but this book features high quality.

Bruce Parisien:

People live in this new moment of lifestyle always aim to and must have the spare time or they will get wide range of stress from both way of life and work. So , once we ask do people have spare time, we will say absolutely of course. People is human not really a huge robot. Then we consult again, what kind of activity are there when the spare time coming to anyone of course your answer can unlimited right. Then ever try this one, reading books. It can be your alternative within spending your spare time, typically the book you have read is definitely Cognitive Behavioural Counselling in Action (Counselling in Action series).

Joseph Levis:

As we know that book is important thing to add our understanding for everything. By a reserve we can know everything we wish. A book is a pair of written, printed, illustrated or even blank sheet. Every year was exactly added. This reserve Cognitive Behavioural Counselling in Action (Counselling in Action series) was filled concerning science. Spend your free time to add your knowledge about your science competence. Some people has diverse feel when they reading a new book. If you know how big advantage of a book, you can sense enjoy to read a book. In the modern era like right now, many ways to get book that you simply wanted.

Download and Read Online Cognitive Behavioural Counselling in Action (Counselling in Action series) By Peter Trower, Jason Jones,

Windy Dryden, Andrew Casey #YDVHI1WJZB0

Read Cognitive Behavioural Counselling in Action (Counselling in Action series) By Peter Trower, Jason Jones, Windy Dryden, Andrew Casey for online ebook

Cognitive Behavioural Counselling in Action (Counselling in Action series) By Peter Trower, Jason Jones, Windy Dryden, Andrew Casey Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Cognitive Behavioural Counselling in Action (Counselling in Action series) By Peter Trower, Jason Jones, Windy Dryden, Andrew Casey books to read online.

Online Cognitive Behavioural Counselling in Action (Counselling in Action series) By Peter Trower, Jason Jones, Windy Dryden, Andrew Casey ebook PDF download

Cognitive Behavioural Counselling in Action (Counselling in Action series) By Peter Trower, Jason Jones, Windy Dryden, Andrew Casey Doc

Cognitive Behavioural Counselling in Action (Counselling in Action series) By Peter Trower, Jason Jones, Windy Dryden, Andrew Casey Mobipocket

Cognitive Behavioural Counselling in Action (Counselling in Action series) By Peter Trower, Jason Jones, Windy Dryden, Andrew Casey EPub