



Handbook of Brief Cognitive Behaviour Therapy

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Brief Cognitive Behaviour Therapy can be applied to the treatment of a wide range of problems in many different settings. 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 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.

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