



# Cognitive Behavioural Therapy in Mental Health Care

*Alec Grant, Michael Townend, Ronan Mulhern, Nigel Short*

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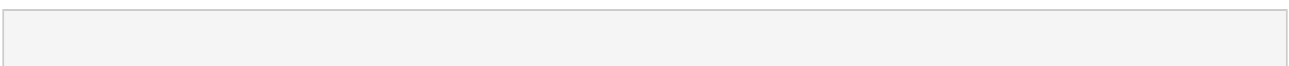
*Alec Grant, Michael Townend, Ronan Mulhern, Nigel Short*

**Cognitive Behavioural Therapy in Mental Health Care** Alec Grant, Michael Townend, Ronan Mulhern, Nigel Short

This second edition provides an accessible and thorough overview of the practice of CBT within mental health care. Updates and additions include:

- Revised chapters on the therapeutic relationship and case formulation
  
- New material on personality disorders and bipolar disorder
  
- New material on working with diversity
  
- Content on the multidisciplinary context of CBT, the service user perspective, CBT from a holistic perspective
  
- Developments within the cognitive behavioural psychotherapies
  
- Continuous professional development for the CBT practitioner
  
- Photocopiable worksheets linked to case studies.

Already a tried-and-tested guide for trainee psychologists and psychotherapists, as well as clinicians in mental health services and private practices, this text is also of value to practitioners who need refresher courses in CBT.



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