

Download Cognitive Therapy In Practice A Case Formulation Approach

The Case Formulation Approach to Cognitive-Behavior Therapy (Guides to Individualized Evidence-Based Treatment) Reprint Edition "This well-written, well-structured book provides an excellent roadmap for the clinician. The authors outline the many options and choices that CBT practitioners face with patients with PTSD, and show how to deal with these within an individualized case formulation. Case Formulation in Cognitive Behaviour Therapy Case formulation is the core skill of every practitioner carrying out psychological therapies at an advanced level. Cognitive analytic therapy (CAT) is a form of psychological therapy initially developed in the United Kingdom by Anthony Ryle. This time-limited therapy was developed in the context of the UK's National Health Service with the aim of providing effective and affordable psychological treatment which could be realistically provided in a resource ...