



# **Cognitive Behavioural Counselling in Action (Counselling in Action series)**

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

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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.

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## **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.

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**Karen Shiner:**

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**David Swanson:**

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