



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:

Karen Shiner:

Within other case, little individuals like to read book Cognitive Behavioural Counselling in Action

(Counselling in Action series). You can choose the best book if you'd prefer reading a book. So long as we know about how is important the book Cognitive Behavioural Counselling in Action (Counselling in Action series). You can add knowledge and of course you can around the world with a book. Absolutely right, simply because from book you can recognize everything! From your country right up until foreign or abroad you will find yourself known. About simple thing until wonderful thing you are able to know that. In this era, we can easily open a book as well as searching by internet device. It is called e-book. You should use it when you feel weary to go to the library. Let's study.

Patricia Whitmore:

The actual book Cognitive Behavioural Counselling in Action (Counselling in Action series) will bring someone to the new experience of reading a book. The author style to describe the idea is very unique. When you try to find new book to study, this book very acceptable to you. The book Cognitive Behavioural Counselling in Action (Counselling in Action series) is much recommended to you to read. You can also get the e-book from official web site, so you can more readily to read the book.

Daniel Evans:

The reserve with title Cognitive Behavioural Counselling in Action (Counselling in Action series) includes a lot of information that you can study it. You can get a lot of help after read this book. This specific book exist new information the information that exist in this reserve represented the condition of the world currently. That is important to yo7u to be aware of how the improvement of the world. That book will bring you throughout new era of the the positive effect. You can read the e-book on the smart phone, so you can read the item anywhere you want.

David Swanson:

You will get this Cognitive Behavioural Counselling in Action (Counselling in Action series) by go to the bookstore or Mall. Only viewing or reviewing it may to be your solve issue if you get difficulties for ones knowledge. Kinds of this reserve are various. Not only simply by written or printed but in addition can you enjoy this book simply by e-book. In the modern era just like now, you just looking because of your mobile phone and searching what their problem. Right now, choose your own ways to get more information about your guide. It is most important to arrange yourself to make your knowledge are still change. Let's try to choose right ways for you.

Download and Read Online Cognitive Behavioural Counselling in Action (Counselling in Action series) By Peter Trower, Jason Jones, Windy Dryden, Andrew Casey #AUPM6I83KFL

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

AUPM6I83KFL: Cognitive Behavioural Counselling in Action (Counselling in Action series) By Peter Trower, Jason Jones, Windy Dryden, Andrew Casey