



Cognitive Behavioural Counselling in Action (Counselling in Action series)

Peter Trower, Jason Jones, Windy Dryden

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This best-selling, practical, evidence-based guide to the cognitive behavioural approach takes you step-by-step through the process of counselling, from initial contact with the client to termination and follow up. The book follows a skills-based format based around the Bordin and Dryden model of bonds, goals, tasks and views, with expanded case material to further illustrate links between theory and practice.

This third edition includes new content on:

- the working alliance – what it is and why it is so important
- challenges and pitfalls in the counselling process
- when to challenge and when not to challenge clients beliefs
- emotional problems such as shame, guilt and jealousy as well as anxiety, depression and anger.

Drawing on their own extensive experience and contemporary research, the authors provide a concise overview of the cognitive behavioural approach, with new material on emotional problems rarely covered in practitioner guides, a strong emphasis on the therapeutic alliance, and updated bibliographic references throughout.

Praise for the Previous Edition:

"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*

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From reader reviews:

Ethel Davidson:

This Cognitive Behavioural Counselling in Action (Counselling in Action series) book is just not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is actually information inside this publication incredible fresh, you will get info which is getting deeper an individual read a lot of information you will get. This kind of Cognitive Behavioural Counselling in Action (Counselling in Action series) without we understand teach the one who looking at it become critical in pondering and analyzing. Don't become worry Cognitive Behavioural Counselling in Action (Counselling in Action series) can bring once you are and not make your handbag space or bookshelves' turn into full because you can have it in your lovely laptop even cellphone. This Cognitive Behavioural Counselling in Action (Counselling in Action series) having very good arrangement in word and layout, so you will not really feel uninterested in reading.

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