



# Cognitive Behaviour Therapy: 100 Key Points and Techniques

*Michael Neenan, Windy Dryden*

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In the last three decades cognitive behaviour therapy (CBT) has been applied to an ever-increasing number of problems (including anxiety disorders, substance abuse, and eating disorders) and populations (children, adolescents, and older people). NICE recommends CBT as the first line treatment in the NHS for tackling a wide range of psychological disorders.

Cognitive Behaviour Therapy: 100 Key Points and Techniques is a crisp, concise elaboration of the 100 main features of this very popular and evidence-based approach within the field of psychotherapy. The 100 key points and techniques cover CBT theory as well as practice. Divided into helpful sections, topics covered include:

- Misconceptions about CBT
- Teaching the cognitive model
- Assessment and case conceptualization
- Homework (self-help assignments)
- Ways of detecting and answering NATs
- Behavioural experiments
- Intermediate and core beliefs
- Relapse management
- Third wave CBT

For the second edition of this book, Michael Neenan and Windy Dryden have revised and updated many of the points and several new ones have been added. This neat, usable book is an essential guide for psychotherapists and counsellors, both trainees and qualified, who need to ensure they are entirely familiar with the key features of CBT as part of a general introduction to the current major psychotherapies.

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Spent a free time to be fun activity to do! A lot of people spent their sparetime with their family, or all their friends. Usually they doing activity like watching television, about to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could possibly be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to try look for book, may be the e-book entitled Cognitive Behaviour Therapy: 100 Key Points and Techniques can be great book to read. May be it might be best activity to you.

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