



Theories, Concepts and Restructuring of Cognitive Behaviour Therapy (Hardback)

By -

Hayle Medical, 2015. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book extensively discusses the theories, concepts and restructuring of cognitive behaviour therapy (CBT). Cognitive-behavioral therapy is the most rapidly escalating and the best factually approved psychotherapeutic approach. This book is a compilation of contributions by international veterans and aims at providing knowledge to maximum mental health professionals with updated information about CBT. It commences with an introduction of CBT and its conceptual aspects along with knowledge about the processes for assessment and restructure of cognitions. It lays stress on automatic thoughts and underlying assumptions along with the essential techniques formulated to modify core beliefs. Furthermore, the cognitive therapy of crucial psychiatric disabilities has also been discussed including reviews about the latest advances of CBT for bipolar disorder, obsessive-compulsive disability and depression. Recent developments in CBT for somatoform disabilities and latest comprehensive models for body dysmorphic disorder have also been elucidated. Towards the end, extensive details about the recent phenomenon of internet addiction and its treatment have been provided, along with CBT of the substance abuse.



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