



# Brief Cognitive Behaviour Therapy (Brief Therapies series)

*Berni Curwen, Stephen Palmer, Peter Ruddell*

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This practical guide, based on the theory that emotional disorders are influenced by negatively biased thinking, describes how brief cognitive behaviour therapy can provide effective help to clients suffering from a wide range of disorders, including anxiety, depression, obsessive-compulsive disorder and post-traumatic stress, or those who are suicidal.

Using illustrative case material throughout, the authors outline strategies for helping clients examine and overcome unhelpful beliefs and patterns of thought at the root of their distress. Following an explanation of brief therapy and the theory behind cognitive behaviour therapy, they describe the process of working with clients through all stages of counselling.

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