Behavioral Activation: Distinctive Features clarifies the fundamental theoretical and practical features of behavioral activation, integrating various techniques into a unified whole that is efficient and effective. The book includes numerous case examples and transcribed segments from therapy sessions and outlines behavioural concepts using straightforward terms and examples so that all therapists can see the utility and practical value of this approach.

This book will provide essential guidance for students and new therapists, as well as more experienced clinicians wanting to know more about what makes behavioral activation a distinct form of cognitive behavior therapy.

Hb: 978-0-415-44653-2: £50.00/$90.00
Series: CBT Distinctive Features
Published by Routledge

Acceptance and Commitment Therapy
Distinctive Features
Paul Flaxman, City University, London, UK, and J. T. Blackledge, Morehead State University, Kentucky, USA

Acceptance and commitment therapy (ACT) focuses on accepting and dealing with uncomfortable thoughts and feelings instead of challenging these beliefs by looking for a more rational response – a technique used in other methods of cognitive behaviour therapy.

“Acceptance and Commitment Therapy: Distinctive Features” by Paul Flaxman and J. T. Blackledge provides a comprehensive overview of the approach, offering insights and practical strategies for therapists.

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Acceptance and Commitment Therapy: Distinctive Features provides an excellent guide to ACT and explains how the technique differs from traditional cognitive behaviour therapy. Its straightforward format will appeal to those who are new to the field, and it will be a handy reference tool for more experienced clinicians.

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Forthcoming!

Schema Therapy
Distinctive Features

Eshkol Rafaeli, Columbia University, New York, USA,
David P. Bernstein, Maastricht University, The Netherlands, and Jeffrey Young, Columbia University, New York, USA

In this book, Jeffrey Young, Eshkol Rafaeli, and David Bernstein – pioneers of the schema therapy approach – indicate the 30 distinctive features of schema therapy, and how the method fits into the broader CBT Spectrum.

Divided into two sections, The Distinctive Theoretical Features of Schema Therapy and The Distinctive Practical Features of Schema Therapy, this book will provide a concise introduction for those new to the technique, as well as a discussion of how it differs from the other cognitive behavioural therapies for those experienced in the field.

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Forthcoming!

Compassion-Focused Therapy
Distinctive Features

Paul Gilbert, Professor of Clinical Psychology, Kingsway Hospital Mental Health Research Unit, Derby, UK

Compassion-focused therapy builds on traditional CBT, but also has a different evolutionary and neuroscience focus.

This book provides a clear guide to the distinctive characteristics of compassion-focused therapy as a wide-ranging, integrative approach.

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Beck’s Cognitive Therapy
Distinctive Features

Frank Wills, Independent Practitioner and Researcher, UK

Beck’s Cognitive Therapy: Distinctive Features explores the key contributions made by Aaron T. Beck to the development of cognitive behaviour therapy.

This book provides a concise account of Beck’s work against a background of his personal and professional history. The author, Frank Wills, considers the theory and practice of Beck’s cognitive therapy by firstly examining his contribution to the understanding of psychopathology, and going on to explore Beck’s suggestions about the best methods of treatment. Throughout the book a commentary of how Beck’s thinking differs from other approaches to CBT is provided, as well as a summary of the similarities and differences between Beck’s methods and other forms of treatment including psychoanalysis and humanistic therapy.

Beck’s Cognitive Therapy will be ideal reading for both newcomers to the field and experienced practitioners wanting a succinct guide.

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Forthcoming!

Constructivist Psychotherapy
Distinctive Features

Robert A. Neimeyer, University of Memphis, Tennessee, USA

Constructivist psychotherapy focuses on the meaning that clients attribute to their world, and the way that this shapes their life and contributes to their difficulties. In this book, Robert A. Neimeyer, a leading figure in the field, provides a clear and accessible explanation of the key features of this approach.

Constructivist Psychotherapy: Distinctive Features concentrates on the 30 key commitments that distinguish constructivism from other cognitive behavioural perspectives. Divided into two sections – Theory and Practice – this straightforward book is illustrated throughout with case material and recent research findings.

Neimeyer provides us with a fresh perspective on familiar material, together with a clear, concise introduction to material that the reader may be less familiar with, making this book a valuable text for professionals in training as well as a source of new ideas for practising therapists of constructivist psychotherapy.

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Series: CBT Distinctive Features
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Metacognitive Therapy
Distinctive Features

Peter Fisher, University of Liverpool, UK, and Adrian Wells, University of Manchester, UK

“This book provides a skilful mix of theory and practice that should be essential reading for all wanting to learn more about MCT... I highly recommend it.” - Hans M. Nordahl, Professor of Clinical Psychology, Norwegian University of Science and Technology, Trondheim, Norway

Metacognitive therapy is based on the principle that worry and rumination are universal processes leading to emotional disorder. These processes are linked to erroneous beliefs about thinking and unhelpful self-regulation strategies.

Metacognitive Therapy: Distinctive Features is an introduction to the theoretical foundations and therapeutic principles of metacognitive therapy. Divided into two sections, Theory and Practice and using thirty key points, the authors explore how metacognitive therapy can allow people to escape from repetitive thinking patterns that often lead to prolonged psychological distress.

This book is a valuable resource for both students and practitioners wishing to develop a basic understanding of metacognitive therapy and how it compares and contrasts with traditional forms of cognitive behavioural therapy.

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Mindfulness-Based Cognitive Therapy
Distinctive Features

Rebecca Crane, University of Wales, Bangor, UK

“A clear account of what MBCT is, both in its theoretical perspectives and its actual practices. Written in accessible language, it is an extraordinary achievement that will be highly valued by both participants in mindfulness classes and their teachers.” - Mark Williams, From the Foreword

Mindfulness-Based Cognitive Therapy (MBCT) is increasingly used in therapeutic practice. It encourages clients to process experience without judgement as it arises, helping them to change their relationship with challenging thoughts and feelings, and accept that, even though difficult things may happen, it is possible to work with these in new ways.

This book provides a basis for understanding the key theoretical and practical features of MBCT. Focusing on a mindfulness-based cognitive therapy programme that is offered in a group context to those who are vulnerable to depressive relapses, the text is divided into 30 distinctive features that characterise the approach.

Mindfulness-Based Cognitive Therapy: Distinctive Features provides a concise, straightforward summary for professionals and trainees in the field. Its easy-to-use format will appeal to both experienced practitioners and newcomers with an interest in MBCT.

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Dialectical Behaviour Therapy
Distinctive Features

Michaela A. Swales, University of Wales, Bangor, UK, and Heidi L. Heard, Consultant and Supervisor, St. Louis, USA

Dialectical Behaviour Therapy highlights 30 distinctive features of the treatment and uses extensive clinical examples to demonstrate how the theory translates into practice. In Part I: The Distinctive Theoretical Features of DBT, the authors introduce us to the three foundations on which the treatment rests – behaviourism, Zen and dialectics – and how these integrate. In Part II: The Distinctive Practical Features of DBT, Swales and Heard describe both how the therapy applies these principles to the treatment of clients with borderline personality disorder and elucidate the distinctive conceptual twists in the application of cognitive and behavioural procedures within the treatment.

This book provides a clear and structured overview of a complex treatment. It is written for both practicing clinicians and students wishing to learn more about DBT and how it differs from the other cognitive behaviour therapies.

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Rational Emotive Behaviour Therapy
Distinctive Features

Windy Dryden, Goldsmiths College, University of London, UK

Rational Emotive Behaviour Therapy (REBT) encourages the client to focus on their emotional problems in order to understand, challenge and change the irrational beliefs that underpin these problems. REBT can help clients to strengthen conviction in their alternative rational beliefs by acting in ways that are consistent with them and thus encourage a healthier outlook.

This accessible and direct guide introduces the reader to REBT while indicating how it is different from other approaches within the broad cognitive behavioural therapy spectrum. Divided into two sections; The Distinctive Theoretical Features of REBT and The Distinctive Practical Features of REBT, this book presents concise, straightforward information in 30 key points derived from the author’s own experience in the field.

Rational Emotive Behaviour Therapy: Distinctive Features will be invaluable to both experienced clinicians, and those new to the field. It will appeal to psychotherapists and counsellors, together with students and practitioners who are keen to learn how REBT can be differentiated from the other approaches to CBT.

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Series: CBT Distinctive Features
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**Post Traumatic Stress Disorder**

Cognitive Therapy with Children and Young People

Patrick Smith, Sean Perrin, William Yule, and David M. Clark, all at the Institute of Psychiatry, King’s College London, UK

Post traumatic stress disorder develops after exposure to one or more terrifying events that have caused, or threatened to cause the sufferer grave physical harm. This book discusses how trauma-focused cognitive therapy can be used to help children and adolescents who suffer from post traumatic stress disorder.

The authors provide case studies and practical tips, as well as examples of self-report measures and handouts for young people and their parents which will help the practitioner to prepare for working with this difficult client group.

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**Depression**

Cognitive Behaviour Therapy with Children and Young People

Chrisie Verduyn, Central Manchester & Manchester Children’s University Hospitals NHS Trust, UK, Julia Rogers, Berkshire Healthcare NHS Foundation Trust, UK, and Alison Wood, in private practice, Manchester, UK

Depression: Cognitive Behaviour Therapy with Children and Young People provides an accessible guide to recognising and treating depression in young people. Based on a successful manual developed for research trials, this book presents an overview of a cognitive behavioural model for working with this age group, as well as practical ideas about how to start therapy.

Depression includes case examples and practical tips to prepare the practitioner for working with young people. Information is presented in a readable and practical style making this book ideal for professionals working in child and adolescent mental health services.

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**Eating Disorders**

Cognitive Behaviour Therapy with Children and Young People

Simon G. Gowers, University of Liverpool, UK, and Lynne Green, Cheshire and Merseyside Eating Disorders Service for Adolescents, UK

In this book, Simon Gowers and Lynne Green bring together up-to-date research, clinical examples and useful tips to guide practitioners in working with young people, as well as helping families of children and adolescents to deal with their behaviour. Eating Disorders provides the clinician with an introduction about how CBT can be used to challenge beliefs about control, restraint, weight and shape, allowing young people to manage their eating disorder.

This practical text will be essential reading for mental health professionals, paediatric teams and those in primary care working with children and adolescents with eating disorders. It will benefit those working with both sufferers themselves and families who have difficulty understanding the disorder.

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**Obsessive Compulsive Disorder**

Cognitive Behaviour Therapy with Children and Young People

Edited by Polly Waite, and Tim Williams, both at the University of Reading, UK

In this concise, accessible book experienced contributors provide detailed guidance on carrying out assessments and treatment for children and young people with OCD from a cognitive behavioural perspective. This approach has been developed from extensive research and clinical work with young people with OCD and associated problems.

This straightforward text provides essential direction for practitioners and trainees in a range of professions including psychiatry, psychotherapy, counselling, nursing, education and social work.

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**Anxiety**

Cognitive Behaviour Therapy with Children and Young People

Paul Stallard, Consultant Clinical Psychologist, Avon and Wiltshire Mental Health Partnership NHS Trust, UK

In Anxiety: Cognitive Behaviour Therapy with Children and Young People Paul Stallard describes the nature and extent of anxiety problems that are suffered in childhood and discusses evidence for the effectiveness of the cognitive behavioural model as a method of treatment. This concise and accessible book, written specifically for the clinician, provides a clear outline of how CBT can be used with children suffering from anxiety disorders in an easy to follow format.

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