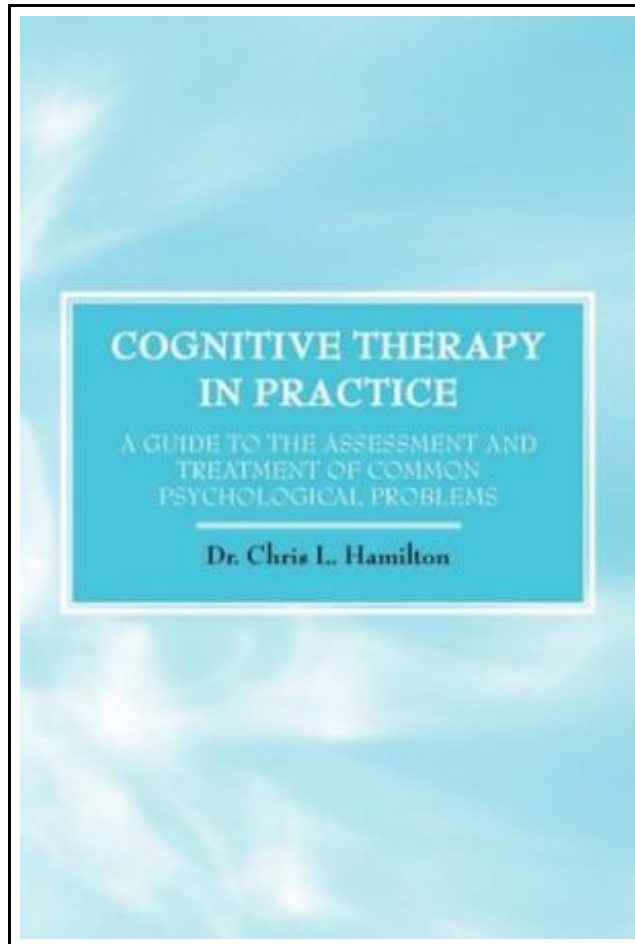


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Arima Publishing, United Kingdom, 2008. Paperback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book ***** Print on Demand *****.Cognitive behavioural therapy (CBT) is increasingly recognised by mental health experts as the treatment of choice for a range of health problems, including depression and anxiety disorders. But exactly what is CBT? What is the evidence for its effectiveness? And how can a doctor, social worker, counsellor or nurse use CBT with patients? Throughout this book, Consultant Clinical Psychologist Dr Chris Hamilton, an established primary care specialist, provides an outline of the problems a GP or non-specialist might encounter and explains the theory and practice of the CBT approach. He describes how to identify the indicators of disorders such as anxiety, obsessive-compulsive disorder (OCD) and depression, which may be marked by physical symptoms and provides a guide to resources available for self-help and assisted self-help. This book should provide a valuable resource to those already working in the field of mental health and those who are either contemplating training or have already embarked on a course.



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