



Cognitive Behaviour Therapy Case Studies

Mike Thomas, Mandy Drake

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Cognitive Behaviour Therapy Case Studies uniquely combines Cbt with the Department of Health stepped care model to provide the first comprehensive case study-approach textbook. A step-by-step guide to using Cbt, the book is structured around case examples of clients who present with the most commonly encountered conditions; from mild depression and GAD to more complex, enduring symptoms and diagnosis like OCD, personality disorder and social phobia. The distinctive practical format is ideal in showing how to put the principles of Cbt and stepped care into effect. As well as echoing postgraduate level training, Mike Thomas and Mandy Drake provide an insight into the experiences the trainee will encounter in real-world practice.

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