



Skills in Cognitive Behaviour Therapy (Skills in Counselling & Psychotherapy Series)

Frank Wills

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This step-by-step guide to the core skills and techniques of the cognitive behaviour approach is suitable for those with little or no prior experience in CBT. The author uses case examples from a variety of settings to illustrate the skills needed at each stage of the therapeutic process, and brings the therapeutic relationship to the foreground to show you how to build and maintain a successful working alliance with your clients.

This **second edition** includes new content on:

- the historical foundations of CBT
- common presenting issues, such as depression and anxiety
- third wave CBT
- IAPT
- insights from other approaches, relevant to trainees in other modalities with an interest in CBT

Accompanied by a new **companion website** (<https://study.sagepub.com/wills>), which includes additional case studies, template forms, PowerPoint presentations for each chapter, and a wealth of material for further reading, this is an essential text for anyone wishing to hone their therapeutic skills in CBT.

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