

The Cbt Handbook

# The Cbt Handbook

## Summary:

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The Cbt Handbook: Amazon.co.uk: Windy Dryden, Rhena Branch ... Windy Dryden is one of the leading practitioners and trainers in the UK in the Cognitive Behaviour Therapy (CBT) tradition of psychotherapy. He is best known for his work in Rational-Emotive Cognitive Behaviour Therapy (RECBT), a leading CBT approach. The CBT Handbook | SAGE Publications Ltd The CBT Handbook is the most comprehensive text of its kind and an essential resource for trainees and practitioners alike. Comprising 26 accessible chapters from leading experts in the field, the book covers CBT theory, practice and research. The CBT Handbook - Google Books The CBT Handbook is the most comprehensive text of its kind and an essential resource for trainees and practitioners alike. Comprising 26 accessible chapters from leading experts in the field, the book covers CBT theory, skills, practice and research. Editors Windy Dryden and Rhena Branch provide a much-needed guide to professional issues and the most common practice challenges and dilemmas. It also describes the particular skills required for different practice settings and client groups.

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