Uses the proven and trusted five areas model of Cognitive Behaviour Therapy (CBT) to help people experiencing a range of medically unexplained symptoms, including chronic headaches, fatigue, dizziness, loss of sensation, weakness and numbness.

Invaluable proven, practical and easy to use workbooks for all CBT practitioners, psychiatrists, psychologists, neurologists, physiotherapists, occupational therapists and healthcare workers to use to help the people in their care help themselves.