Case Study Guide to Cognitive Behaviour Therapy of Psychosis, The

This is a practical volume which reflects how treatment programmes can be compatible with the reality of service delivery and mental health provision in an organisational context.

The Case Study Guide to Cognitive Behaviour Therapy of Psychosis is written by practitioners from differing clinical backgrounds and at different stages in their use of CBT. It provides vibrant and colourful descriptions of patient and therapist problems and the use of various techniques with them. Although founded in theory and research, the focus is on the practical use of CBT with patients whose symptom types will be recognisable instantly to mental health workers world-wide.

There is a brief description of therapeutic methods at the start followed by the collection of case studies. At the end, a training, supervision and implementation section enables practitioners to move from contemplation to adoption of these remarkable developments in their own practice and service.