Written with clinicians in mind, this book demonstrates the use of Cognitive Behavior Therapy (CBT) with individuals who are at risk of developing psychosis.

Divided into three parts, the book opens with the background to the clinical trial including the rationale for the early intervention strategy, assessment strategies to identify "at risk" groups, and a review of prevention strategies. In Part II the focus is on the application of cognitive therapy for this group. Part III examines strategies for change, as well as specific issues including social isolation and relapse prevention.