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Assessment and Case Formulation in Cognitive Behavioural Therapy

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Assessment and Case Formulation in Cognitive Behavioural Therapy
Offering a unique philosophical, theoretical and process-focused introduction to one of the cornerstones of CBT: assessment and case formulation.

Updated and expanded to take account of the vast developments in the field of CBT since its first publication, this second edition follows a clear two part structure:

- Part One introduces trainees to the key theory, practice and processes of assessment and case formulation

- Part Two provides practical illustrations of the theory through 12 extended case studies, considering both ‘simple’ and ‘complex’ presenting issues. Each of these chapters follows a set structure to enable easy comparison.

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