



Cognitive Behavioural Counselling in Action (Counselling in Action series)

By Peter Trower, Jason Jones, Windy Dryden

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This best-selling, practical, evidence-based guide to the cognitive behavioural approach takes you step-by-step through the process of counselling, from initial contact with the client to termination and follow up. The book follows a skills-based format based around the Bordin and Dryden model of bonds, goals, tasks and views, with expanded case material to further illustrate links between theory and practice.

This third edition includes new content on:

- the working alliance – what it is and why it is so important
- challenges and pitfalls in the counselling process
- when to challenge and when not to challenge clients beliefs
- emotional problems such as shame, guilt and jealousy as well as anxiety, depression and anger.

Drawing on their own extensive experience and contemporary research, the authors provide a concise overview of the cognitive behavioural approach, with new material on emotional problems rarely covered in practitioner guides, a strong emphasis on the therapeutic alliance, and updated bibliographic references throughout.

Praise for the Previous Edition:

"An elegant and informative guide to the practice of cognitive behavioural counselling ... recommended for all CBT practitioners." - **Mick Power, Professor of Clinical Psychology, University of Edinburgh**

"A deserved best-seller for over 20 years. Peter Trower and colleagues have completely revised and updated the book in light of the enormous scientific achievements of CBT in this time. This brilliant book is essential reading for all cognitive behavioural practitioners." - **Max Birchwood, Professor of Youth Mental Health, University of Birmingham**

"An absolutely wonderful book on cognitive behavioural counselling. It

includes not only the basic information but also recent conceptual advances in the field. Truly, I cannot recommend this book highly enough!" - *E. Thomas Dowd, International Editor, Journal of Cognitive Psychotherapy*

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Editorial Review

Review

A gem of a book that emphasises integrative thinking within counselling and cognitive behaviour therapy, and draws together the therapeutic relationship, therapy processes, and strategies for working with common client issues. Michael Townend, Reader in CBT, University of Derby. (Michael Townend)

Any student or practitioner who purchases this book will be delighted with the content, especially the breadth and depth of guidance and case studies. Paul McCarthy, Lecturer in Psychology, Glasgow Caledonian University. (Paul McCarthy)

About the Author

Peter Trower is honorary Professor of Clinical Psychology and Associate Director and Founder of the Centre for REBT at the University of Birmingham.

Jason Jones is a Consultant Clinical and Forensic Psychologist in the NHS and Course Director at the Centre for REBT at the University of Birmingham.

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. He has been working in the field of counselling and psychotherapy since 1975 and was one of the first people in Britain to be trained in CBT.

He has published over 200 books and has trained therapists all over the world, in as diverse places as the UK, the USA, South Africa, Turkey and Israel.

He is Emeritus Professor of Psychotherapeutic Studies at Goldsmiths, University of London.

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