



CBT for Beginners

By Jane Simmons, Rachel Griffiths

Download now

Read Online →

CBT for Beginners By Jane Simmons, Rachel Griffiths

CBT for Beginners, Second Edition is designed to help your students make the best start in their careers as confident CBT therapists. Comprising all the main theory and competencies covered in training, this book takes your students right back to basics, equipping them with the essential nuts and bolts to practice CBT effectively.

Key features include:

- Written in a **language** familiar to first year trainees, offering your students an **accessible** route in to the subject.
- **Exercises** and **case dialogue** to invite critical reflection and enhance learning.
- **Summary boxes** to check your students' understanding of key content along the way.
- **Further reading lists** to allow students to take what they have learnt to the next step.

Focusing on case formulation, the authors show how to build a 'picture' of each individual client, using their case history to inform interventions. What results is a practical guide to the fundamentals of practicing CBT, making this the ideal starter text for CBT modules on any of your counselling, psychotherapy or wider health care courses.

 [Download CBT for Beginners ...pdf](#)

 [Read Online CBT for Beginners ...pdf](#)

CBT for Beginners

By Jane Simmons, Rachel Griffiths

CBT for Beginners By Jane Simmons, Rachel Griffiths

CBT for Beginners, Second Edition is designed to help your students make the best start in their careers as confident CBT therapists. Comprising all the main theory and competencies covered in training, this book takes your students right back to basics, equipping them with the essential nuts and bolts to practice CBT effectively.

Key features include:

- Written in a **language** familiar to first year trainees, offering your students an **accessible** route in to the subject.
- **Exercises** and **case dialogue** to invite critical reflection and enhance learning.
- **Summary boxes** to check your students' understanding of key content along the way.
- **Further reading lists** to allow students to take what they have learnt to the next step.

Focusing on case formulation, the authors show how to build a 'picture' of each individual client, using their case history to inform interventions. What results is a practical guide to the fundamentals of practicing CBT, making this the ideal starter text for CBT modules on any of your counselling, psychotherapy or wider health care courses.

CBT for Beginners By Jane Simmons, Rachel Griffiths Bibliography

- Sales Rank: #398411 in Books
- Brand: Sage Publications Ltd
- Published on: 2013-12-27
- Released on: 2013-12-16
- Original language: English
- Number of items: 1
- Dimensions: 9.53" h x .62" w x 6.69" l, 1.05 pounds
- Binding: Paperback
- 272 pages

 [Download CBT for Beginners ...pdf](#)

 [Read Online CBT for Beginners ...pdf](#)

Editorial Review

Review

A succinct, clear guide to the basics of CBT. (Dr Ann Hackmann)

I use this book in my teaching of Masters of Clinical Psychology students and they love it. It's easy to read and follow, providing a great starting point for trainee psychologists to learn the basics of CBT. Students really grasp the concepts well and it increases their confidence in delivering therapy. (Dr Vivienne Lewis)

CBT for beginners initially appears to be a rather daunting concept when the text is rather large. However, the format of this text book provides a no nonsense and completely user-friendly directory for both student, academic and practitioner use.

I enjoyed the way in which each chapter is broken down, each section, concept and idea separated and highlighted and how each one has some key points at the end by way of an aid memoir. I will certainly be using this with counselling and communication students as it presents a series of case studies and scenarios which are relevant and accessible.

CBT for beginners is written in a way which does not compromise on academic and theoretical content but that breaks down important issues, challenges and practices so that the reader not only has an opportunity to reflect on what they have learnt but also ways in which practical skills might be applied.

(Tracie Trimmer-Platman)

About the Author

Jane Simmons works as a Clinical Psychologist in adult mental health services in South Wales. She has previously worked as a project manager setting up an IAPT service in England. She has worked in the NHS since gaining her doctorate in Clinical Psychology in 2000 from the Oxford doctoral course of Clinical Psychology and also works in Independent Practice in Bristol.

Rachel Griffiths is a Consultant Clinical Psychologist working in South Wales. She has worked in the NHS since gaining her doctorate in clinical Psychology in 2003 . Rachel has worked with adults with mental health problems in inpatient and community settings and currently works in a service for people with chronic pain.

Users Review

From reader reviews:

Gary Rose:

This book untitled CBT for Beginners to be one of several books in which best seller in this year, that is because when you read this reserve you can get a lot of benefit upon it. You will easily to buy this particular book in the book shop or you can order it through online. The publisher of this book sells the e-book too. It makes you more readily to read this book, as you can read this book in your Cell phone. So there is no reason for you to past this reserve from your list.

Christine Erhart:

Reading a reserve tends to be new life style in this particular era globalization. With reading you can get a lot of information that can give you benefit in your life. With book everyone in this world may share their idea. Ebooks can also inspire a lot of people. A lot of author can inspire their particular reader with their story or perhaps their experience. Not only the storyline that share in the publications. But also they write about advantage about something that you need example of this. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors on this planet always try to improve their talent in writing, they also doing some research before they write to the book. One of them is this CBT for Beginners.

Rhonda Hoffman:

This CBT for Beginners is great reserve for you because the content which is full of information for you who always deal with world and get to make decision every minute. This kind of book reveal it data accurately using great coordinate word or we can state no rambling sentences inside it. So if you are read it hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but tricky core information with wonderful delivering sentences. Having CBT for Beginners in your hand like keeping the world in your arm, details in it is not ridiculous 1. We can say that no publication that offer you world in ten or fifteen second right but this book already do that. So , this really is good reading book. Hey there Mr. and Mrs. occupied do you still doubt that?

Daisy Harris:

That publication can make you to feel relax. This particular book CBT for Beginners was vibrant and of course has pictures on the website. As we know that book CBT for Beginners has many kinds or category. Start from kids until adolescents. For example Naruto or Private eye Conan you can read and believe that you are the character on there. Therefore , not at all of book tend to be make you bored, any it offers you feel happy, fun and chill out. Try to choose the best book for yourself and try to like reading this.

**Download and Read Online CBT for Beginners By Jane Simmons,
Rachel Griffiths #KFMENPJGZO1**

Read CBT for Beginners By Jane Simmons, Rachel Griffiths for online ebook

CBT for Beginners By Jane Simmons, Rachel Griffiths Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read CBT for Beginners By Jane Simmons, Rachel Griffiths books to read online.

Online CBT for Beginners By Jane Simmons, Rachel Griffiths ebook PDF download

CBT for Beginners By Jane Simmons, Rachel Griffiths Doc

CBT for Beginners By Jane Simmons, Rachel Griffiths Mobipocket

CBT for Beginners By Jane Simmons, Rachel Griffiths EPub