

Cognitive Behavioural Counselling In Action: A Comprehensive Guide



Cognitive Behavioural Counselling (CBC) is a type of talking therapy that helps people to identify and change unhelpful thoughts and behaviours. It is based on the idea that our thoughts, feelings, and behaviours are all interconnected, and that by changing one, we can change the others. CBC has been shown to be effective for a wide range of mental health problems, including depression, anxiety, and eating disorders.

Cognitive Behavioural Counselling in Action (Counselling in Action series) by Peter Trower

★★★★☆ 4.8 out of 5



Language	: English
File size	: 2537 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 278 pages



This book provides a comprehensive overview of CBC, including its history, theory, and practice. It also includes case studies and exercises to help you to apply CBC to your own life.

History of CBC

CBC was developed in the 1960s by Aaron T. Beck, a psychiatrist who was working with depressed patients. Beck noticed that his patients often had negative thoughts about themselves, the world, and the future. He also noticed that these negative thoughts were often associated with their symptoms of depression.

Beck hypothesized that these negative thoughts were actually causing his patients' depression. He developed CBC as a way to help his patients to identify and challenge these negative thoughts. CBC has since been shown to be effective for a wide range of mental health problems, including anxiety, eating disorders, and personality disorders.

Theory of CBC

CBC is based on the cognitive model of psychopathology. This model suggests that our thoughts, feelings, and behaviours are all interconnected.

When we have negative thoughts, these thoughts can lead to negative feelings and behaviours. For example, if we have negative thoughts about ourselves, we may start to feel depressed and withdraw from social activities.

CBC aims to help people to identify and challenge their negative thoughts. Once people can identify their negative thoughts, they can start to challenge them. For example, if we have negative thoughts about ourselves, we can ask ourselves if there is any evidence to support these thoughts. We can also try to come up with more positive thoughts about ourselves.

By challenging our negative thoughts, we can start to change our feelings and behaviours. For example, if we challenge our negative thoughts about ourselves, we may start to feel more positive about ourselves and start to engage in more social activities.

Practice of CBC

CBC is typically conducted in a one-on-one setting. The therapist will work with the client to identify their negative thoughts. Once the client has identified their negative thoughts, the therapist will help them to challenge these thoughts. The therapist may also use other techniques, such as behavioural activation, to help the client to change their behaviours.

CBC is typically a short-term therapy, with most clients attending 10-15 sessions. However, the length of therapy will vary depending on the individual client's needs.

Case Studies

This book includes several case studies of clients who have successfully used CBC to overcome their mental health problems. These case studies provide a real-world example of how CBC can be used to help people to improve their lives.

Exercises

This book also includes several exercises that you can use to apply CBC to your own life. These exercises can help you to identify your negative thoughts, challenge these thoughts, and change your behaviours.

CBC is a powerful therapy that can help people to overcome a wide range of mental health problems. This book provides a comprehensive overview of CBC, including its history, theory, and practice. It also includes case studies and exercises to help you to apply CBC to your own life.

If you are struggling with a mental health problem, I encourage you to talk to your doctor about CBC. CBC may be a helpful treatment option for you.



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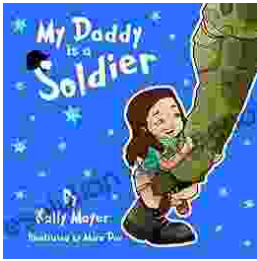
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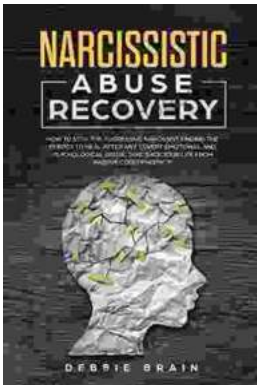
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