



Low Intensity Cognitive-Behaviour Therapy: A Practitioner's Guide

Mark Papworth, Theresa Marrinan, Brad Martin, Dominique Keegan, Anna Chaddock

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'An engaging textbook which explores 'low intensity interventions' and modes of delivery whilst placing equal emphasis on the therapeutic value of the relationship between service user and practitioner' - Jane Briddon, APIMH Primary Mental Health Care MSC, University of Manchester

This is a practical and jargon-free introduction to the principles, skills and application of Low Intensity Cognitive Behaviour Therapy (LICBT). Tailored specifically for the low intensity practitioner, it shows you how to deliver the approach to service users presenting with common adult mental health problems such as anxiety or depression, and how to use therapy 'vehicles' like supported self-help.

Beginning at the initial assessment, the book will guide you all the way through the implementation of interventions to the management of endings - with key case examples threading through the book to illustrate each step. Interactive exercises will encourage your self-development, leaving you with a deeper understanding of the approach.

This accessible, evidence-based book is essential reading for Psychological Wellbeing Practitioners (PWPs). It will also be useful for health professionals of all kinds who need a practical guide to applying this cost-effective therapy in clinical settings.

Mark Papworth is consultant clinical psychologist at Newcastle University.

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Brad Martin is a consultant clinical psychologist and cognitive therapist in Wellington, New Zealand.

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