



# Cognitive Behavioural Therapy in Mental Health Care

*Alec Grant, Michael Townend, Ronan Mulhern, Nigel Short*

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Providing an accessible and thorough overview of the practice of Cbt within mental health care, this new edition has been updated to include:

- Revised chapters on the therapeutic relationship and case formulation
- New material on personality disorders and bipolar disorder
- New material on working with diversity
- Content on the multidisciplinary context of Cbt, the service user perspective, Cbt from a holistic perspective
- Developments within the cognitive behavioral psychotherapies
- Continuous professional development for the Cbt practitioner
- Photocopiable worksheets linked to case studies

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