



# Simply Effective Cognitive Behaviour Therapy: A Practitioner's Guide

*Michael J. Scott*

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Research shows that cognitive behaviour therapy (CBT) is an effective treatment for common mental health disorders of mild to moderate severity. *Simply Effective Cognitive Behaviour Therapy* guides the therapist in treating clients effectively in a simple, structured, time-limited way, as well as indicating where additional treatment or referral is required, thus widening access to CBT.

In this book, Michael J. Scott provides a practical and concise guide for therapists using CBT with a range of disorders including:

- depression
- panic disorder and agoraphobia
- post-traumatic stress disorder
- generalised anxiety disorder
- obsessive compulsive disorder
- social phobia.

*Simply Effective CBT* is illustrated throughout with transcripts of sessions which serve as models for putting theory into practice. It provides the therapist with sufficient understanding of the cognitive theory of a disorder, enabling them to tailor the protocols provided to the needs of the individual. The appendices include a **CBT Pocketbook** - to guide treatment and assessment for each disorder - making it essential reading for all professionals using CBT.

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