



## How to Become a More Effective Cbt Therapist - Mastering Metacompetence in Clinical Practice (Paperback)

By -

John Wiley Sons Inc, United States, 2014. Paperback. Condition: New. 1. Auflage. Language: English . Brand New Book. How to Become a More Effective CBT Therapist explores effective ways for therapists to move beyond competence to metacompetence , remaining true to the core principles of CBT while adapting therapeutic techniques to address the everyday challenges of real-world clinical work. This innovative text explores how to: \* Work most effectively with fundamental therapeutic factors such as the working alliance and diversity; \* Tackle complexities such as co-morbidity, interpersonal dynamics and lack of progress in therapy; \* Adapt CBT when working with older people, individuals with long-term conditions (LTCs), intellectual disabilities, personality disorders and psychosis; \* Develop as a therapist through feedback, supervision, self-practice and training.



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