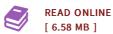




## How to Become a More Effective Cbt Therapist -Mastering Metacompetence in Clinical Practice (Paperback)

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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 comorbidity, 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.



## Reviews

It becomes an remarkable publication that I have possibly go through. Better then never, though I am quite late in start reading this one. I am just delighted to inform you that this is basically the best ebook we have study inside my individual existence and can be he greatest book for actually.

-- Dr. Torrey Osinski DVM

This is actually the very best book i actually have read till now. This is for all those who statte that there was not a worth studying. Its been written in an remarkably straightforward way which is merely following i finished reading this publication by which in fact altered me, modify the way i believe.

-- Mr. Jeramy Leuschke IV