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Assessment and Case Formulation in Cognitive Behavioural Therapy

Alec Grant, Michael Townend, Jem Mills, Adrian Cockx

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`An important contribution to the development of cognitive therapy that synthesizes the best of traditional cognitive therapy with important new developments emerging from a range of different areas. Combining practical accessibility with theoretical sophistication, this book will be invaluable reading for both beginning therapists and experienced clinicians' - ***Jeremy D. Safran, Ph.D., Professor and Director of Clinical Psychology, New School for Social Research, New York***

`Like a powerful river with many tributaries, this book somehow manages to weave influences from all kinds of diverse sources into an exciting, coherent whole. It is everything you'd want of a new CBT book for students and practitioners - fresh, practical, accessible' - ***James Bennett-Levy, Oxford Cognitive Therapy Centre***

Assessment and Case Formulation in Cognitive Behavioural Therapy is a comprehensive guide to key areas of professional knowledge and skill. The successful outcome of therapy depends on the therapist's ability to work collaboratively with clients to create rounded assessments and formulations as a solid basis for therapeutic work. Drawing directly on their own clinical work, the authors describe how assessment and formulation should evolve throughout the process. The case examples chosen include helping individuals with axis I and II problems such as psychosis, depression, borderline personality disorder and family case formulation.

The authors also discuss the importance of the therapist taking into account their own beliefs and emotions in formulating each case and present suggested self-practice/self-reflection trajectories to support continuous professional development in this area.

Alec Grant is Principal Lecturer and Course Leader MSc in Cognitive Psychotherapy at INAM, University

of Brighton. **Michael Townend** is Reader in Cognitive Behavioural Psychotherapy and Programme Leader for the MSc in Cognitive Behavioural Psychotherapy and Postgraduate Certificate in Clinical Supervision, University of Derby. **Jem Mills** is Managing Director Aurora CBT Ltd and also Cognitive Psychotherapist in Private Practice. **Adrian Cockx** is Community Psychiatric Nurse and MSc in Cognitive Psychotherapy student at University of Brighton.

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