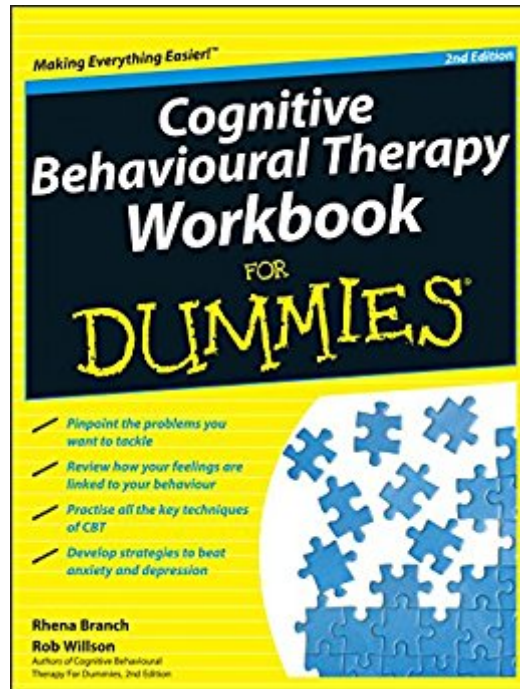


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# Cognitive Behavioural Therapy Workbook For Dummies



## Synopsis

Dozens of practical exercises and easy to perform techniques for banishing negative thoughts before they take hold Whether you're trying to overcome anxiety and depression, boost self-esteem, beat addiction, lose weight, or simply improve your outlook, cognitive behavioural therapy (CBT) offers a practical, sensible approach to mastering your thoughts and thinking constructively. In this updated and expanded edition of the companion workbook to their bestselling Cognitive Behavioural Therapy For Dummies, professional therapists Rhena Branch and Rob Wilson show you, step-by-step, how to put the lessons provided in their book into practice. Inside you'll find a huge number of hands-on exercises and techniques to help you remove roadblocks to change and regain control over your life. Cognitive Behavioural Therapy Workbook For Dummies, Second Edition: Develops the ideas and concepts that presented in the bestselling Cognitive Behavioural Therapy For Dummies, Second Edition and provides exercises to put those ideas into practice Features a range of hands-on CBT exercises and techniques for beating anxiety or depression, boosting your self-esteem, losing weight, or simply improving your outlook on life Rhena Branch and Rob Willson are CBT therapists at the Priory Clinic in London, and the authors of Cognitive Behavioural Therapy For Dummies.

## Book Information

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## Customer Reviews

CBT is recognised as one of the most successful means of dealing with a variety of psychological problems. Trouble is that up till now, you need to spend thousands on talking to a therapist. What if there was a book you could work through, either with your therapist or if you are capable then on your own? What if there was a book that enables you to get more value out of your counselling and learn to cope more quickly and more effectively with your problems? I believe that CBT for Dummies is that sort of book. It is a very well structured, effective book that will help you come to terms with problems such as depression, bipolar2, obsessive compulsive disorder and post traumatic stress. It is not a book to be read but one you slowly work through, doing the exercises. When I did the 1st exercise called the ABC, (activity belief, consequence), I realized I'd got value for money but the book contains a dozen more. The down side to this book? It won't cure psychological problems but then I believe that nothing will. It will however give you powerful coping strategies. The book requires work, sometimes quite uncomfortable work. I would recommend that you have the safety net of a CBT therapist that you can call on if things get too uncomfortable. I've had depression problems for over 40 years, triggered by a rough childhood and fighting in one of those ugly wars of Africa. After working with the book for four months, I'm starting to have a day or two, sometimes almost a week when I feel normal. (just a pity I didn't find a book like this 30 years ago...)

I bought this book on the recommendation of my doctor. The book is very accessible and has lots of excellent suggestions and techniques. I have found it very helpful as a tool to help me get to grips with some problem areas in my life. Overall, this book is an excellent introduction to CBT and I would heartily recommend it.

I'm all for Cognitive Therapy, I have done it myself and found huge success in my personal and professional life. I can handle things with so much ease, it's now second nature. I strongly recommend this book for every parent and every child who is struggling with whatever problem. Cognitive Therapy is for everybody. It's the answer to a medication free fight against anxiety and depression. I purchased it for a friend of mine but she wasn't ready for it, my mum also rejected it which was a shame because I know, really know that it would have turned their lives around 180 degrees. My daughter in law took it gladly and she is now reaping the benefits.

This is a great introductory book to the world of CBT. The author uses easy-to-understand language and uses helpful diagrams and worksheets to aide in explanation. The book contains great information on thoughts and emotions in early chapters, and then provides information on more specific issues such as obsessions, depression, and anxiety, in later chapters. Although classified as a self-help book, I recommend this book to students and practitioner's of CBT as it is a useful reference to help get your head around the nuts and bolts of CBT. The book also will help you grasp the basic principles of CBT in a way that will allow you to explain it to your clients. You can also recommend that your clients read chapters of the book whilst they undergo therapy. Don't be swayed or embarrassed by the "For Dummies" title-- this is really a great book on CBT written by experienced CBT therapists who will help you understand what CBT is all about.

This book is well-written, easy to use and easy to understand. It takes you step-by-step through the process of changing your behavior by realizing what is causing the behavior. I have overcome a problem I have been dealing with for more than 15 years by using the principles in this book.

I use this book faithfully with my clientele' due to how much it is broken down to its most minute concept. The homework assignments in it are so easy to follow and breaks down the various illnesses so well such as depression, anger, anxiety and other ailments that client's really have that "AHA" moment when doing the homework. If they don't, they just don 't want to. I have purchased more of the "Dummies" series books and they have helped. Some clients have returned my books in favor of purchasing their own so they could highlight in them and share informatino with familymembers and other.

Very well written and easy to understand. The authors did an excellent job in researching their material, and putting it in layman's terms. The course includes some forms to be filled out as you read through the book. These forms gave me insite into ways to have a happier, less stress filled life!

While this book is well written and covers its material well, it limits itself to only a couple of the applications of CBT theory. Its utility is limited but would be a useful beginning point for the layman, but overly simplistic for the MH professional.

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