



# Cognitive Behaviour Therapy in the Real World: Back to Basics

*Henck Van Bilsen*

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## **Cognitive Behaviour Therapy in the Real World: Back to Basics** Henck Van Bilsen

This book is an introduction to cognitive behavior therapy from a new perspective. The foundations are the underpinning theories of cognitive behavior therapy (learning theories and cognitive psychology) in combination with a transdiagnostic perspective on mental health problems. A strong case is made for a unified treatment model for mental health problems. The book provides an overview of assessment and formulation strategies that enable therapists to compose individualized treatments for their clients. A range of CBT interventions is described in detail and these are linked with formulations. The book is full of clinical examples -- with many verbatim transcripts -- of basic and advanced CBT skills.

*Cognitive Behaviour Therapy in the Real World: Back to Basics* is aimed at beginning cognitive behavior therapists and more accomplished clinicians alike. CBT is brought back to its theoretical and scientific roots: learning theory and cognitive psychology. These theoretical and scientific roots of CBT are explicitly linked with the practice of CBT. Competency checklists for various aspects of CBT are included and summaries of frequently encountered difficulties in and how to overcome them complete each chapter. This is a book focused on the practice of CBT in the front-line of delivery of psychological therapies. It does so by bringing CBT back to its origins when theoretical and scientific foundations were used in the development of formulations and individualized intervention plans.

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