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this book is essential reading for practitioners involved in introducing the use of cognitive behavioural therapy cbt into their clinical practice and making it truly accessible to practitioners and patients alike it covers how to support someone in 10 20 or 60 minutes using the successful and proven five areas model the challenges faced and how to overcome these when working using guided cbt self help how to offer support face to face or using telephone email or classes practical information and advice for all those wishing to use the five areas guided cbt interventions in their clinical practice how to introduce support and review progress using the plan do review model a description of the wide range of five areas resources and how to use them with patients support scripts and linked online resources the book provides a proven delivery model for wider dissemination of this evidence based cbt approach it is essential reading for general practitioners psychologists psychological well being practitioners pwps self help support workers coaches counsellors nurses occupational therapists teachers psychiatrists condition management back to work teams managers and commissioners and other practitioners wishing to incorporate cbt as part of their practice and services

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