



Cognitive Behaviour Therapy in Primary Care

By Richard France, Meredith Robson

Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, Cognitive Behaviour Therapy in Primary Care, Richard France, Meredith Robson, 'The book emphasises the collaborative relationship with the patient, explaining the nature of the problem and working out a treatment plan. At the end of each chapter there are useful lists of references and recommended further reading, including leaflets and other useful information for patients. There also many helpful appendices on subjects such as self-help for anxiety, coping with panic attacks, deep muscle relaxation, and Masters and Johnson therapy. Not only does this book describe a form of therapy, but it also enters the debate on the reorganisation of mental health services, advocating A model where a clinical psychologist practitioner is part of the primary health care team.' - International Journal Of Psychiatry In Clinical Practice 'This is a good resource book, giving information about materials ranging from a CD-ROM on enuresis to contracts for British Airways fear-of-flying courses. On balance, I would say buy it for all your primary carers.' - Clinical Psychology Forum 'This is a very readable and useful text.a wonderful introductory text for those new to the technique, and offers a basic framework for practice and source...



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