



Group CBT for Psychosis: A Guidebook for Clinicians (Paperback)

By Tania Lecomte, Claude Leclerc, Professor Til Wykes

Oxford University Press Inc, United States, 2016. Paperback. Book Condition: New. 255 x 179 mm. Language: English . Brand New Book. Psychosis implies an alteration of one's reality, with specific beliefs and sensory experiences that affect one's judgment and capacity to function socially. Previously, medication alone was believed to attenuate or eliminate psychotic symptoms; however, more than two decades of empirical evidence now support the use of cognitive behavior therapy (CBT) for psychosis, including group CBT for psychosis. Group CBT for Psychosis offers the first published group therapy module of its kind and is suitable for a broad range of mental health professionals. Group therapy for people with psychosis is often recommended given its cost-efficiency and indirect benefits such as improved social skills and social support, yet delivery of this group intervention necessitates specialized skills and knowledge not typically included as part of most clinical training programs. This book offers thorough descriptions of relevant techniques, clinical vignettes, and worksheets for use in group sessions. Individual chapters focus on the basics of CBT for psychosis, essential elements of group therapy, explaining the CBT model in a group context, techniques for various symptoms, measuring change, common obstacles to group CBT...



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