

Cognitive Behavioural Coaching In Practice An Evidence Based Approach Essential Coaching Skills And Knowledge

Motivational Cognitive Behavioural Therapy Cognitive Behavioural Coaching Techniques For Dummies Retrain Your Brain: Cognitive Behavioural Therapy in 7 Weeks Assessment and Case Formulation in Cognitive Behavioural Therapy Behavioral Coaching Motivational Career Counselling & Coaching Handbook of Coaching Psychology Life Coaching Change Your Life with CBT Rational Emotive Behavioural Coaching Brilliant Cognitive Behavioural Therapy CBT: A Clinician's Guide to Using the Five Areas Approach Acceptance and Commitment Coaching The Comprehensive Clinician's Guide to Cognitive Behavioral Therapy The Cognitive Behavioral Therapy Workbook for Personality Disorders Rational Emotive Behaviour Therapy Cognitive Behavioural Coaching Cognitive Behavioural Counselling in Action Non-directive Coaching Positive Psychology Coaching in Practice Developing Resilience Cognitive Behavioural Therapy Made Simple Cognitive Behavioural Coaching - Combining Cbt with Emotional Intelligence for Evidence-Based Practice Practicing Positive CBT Brief Cognitive Behaviour Therapy Cognitive Behavioural Therapy Workbook For Dummies Cognitive Behavioural Coaching Pocketbook Cognitive Behavioural Coaching Cognitive Behavioral Therapy Cognitive Behavioural Coaching Pocketbook A Strength-Based CBT Approach to Recovery Excellence in Coaching The Client's Guide to Cognitive-behavioral Therapy Cognitive Behavioural Therapy Workbook For Dummies The Coaches' Handbook Motivational Interviewing and CBT Very Brief Cognitive Behavioural Coaching (VBCBC) Ultra-Brief Cognitive Behavioral Interventions Mastery in Coaching Cognitive Behavioural Coaching in Practice

Motivational Cognitive Behavioural Therapy

The reasons that coaching works so well and can produce such dramatic results are grounded in psychology, so it follows that some of the most powerful coaching methods available draw on psychological thinking. This up-to-the-minute guide presents the latest thinking on the most effective techniques coaches can use with their clients. Every chapter is written by a leading expert in the field, and takes a rigorous, evidence-based approach which will give you a practical understanding of each method, supported with examples, and underpinned by the theory of the key psychological concepts in coaching. Ranging from cognitive-behavioural coaching, gestalt and positive psychology to neuroscience and mindfulness, this indispensable book will give any serious coach the tools they need to get the best from their clients.

Cognitive Behavioural Coaching Techniques For Dummies

Michael Neenan clearly and accessibly introduces the 30 Distinctive Features of cognitive behavioural coaching (CBC), an approach which applies the principles of CBT to coaching. Cognitive Behavioural Coaching: Distinctive Features sets out the

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key theoretical and practical features of CBT and discusses how they integrate into the generic model of coaching. The book covers the four key elements in developing a coaching relationship, provides psychological and practical problem-solving models, shows how to deal with stuck points in coaching and identifies which individuals are unsuitable for CBC. As well as providing research evidence to support the effectiveness of CBC, the book demonstrates the smooth transition of CBT into CBC, and coach-coachee dialogues are interspersed throughout the text to show CBC in action. Cognitive Behavioural Coaching: Distinctive Features will be particularly useful to CBT therapists interested in adding coaching to their practice. It will also appeal to coaches in practice and in training and other professionals in coaching roles seeking an effective and straightforward coaching model.

Retrain Your Brain: Cognitive Behavioural Therapy in 7 Weeks

'[This] will be a useful resource for anyone who is interested in learning more about Cognitive Behaviour Therapy' - Behavioural & Cognitive Psychotherapy This practical guide, based on the theory that emotional disorders are influenced by negatively biased thinking, describes how brief cognitive behaviour therapy can provide effective help to clients suffering from a wide range of disorders, including anxiety, depression, obsessive-compulsive disorder and post-traumatic stress, or those who are suicidal. Using illustrative case material throughout, the authors outline strategies for helping clients examine and overcome unhelpful beliefs and patterns of thought at the root of their distress. Following an explanation of brief therapy and the theory behind cognitive-behaviour therapy, they describe the process of working with clients through all stages of counselling.

Assessment and Case Formulation in Cognitive Behavioural Therapy

The way we think profoundly influences the way we feel, so learning to think differently can enable us to feel and act differently. The first edition of Life Coaching successfully showed how to tackle self-defeating thinking and replace it with a problem-solving outlook, providing clear and helpful advice on: Dealing with troublesome emotions Overcoming procrastination Becoming assertive Tackling poor time management Persisting at problem solving Handling criticism constructively Taking risks and making better decisions. The new edition retains the key features, while offering a brand new chapter on the emerging topic of resilience as well updates throughout. It will continue to be invaluable to all those who are interested in becoming more personally effective in their everyday lives, and also to counsellors in practice and training.

Behavioral Coaching

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Cognitive Behavioural Coaching in Practice explores various aspects of coaching from within a cognitive behavioural framework. Michael Neenan and Stephen Palmer bring together experts in the field to discuss topics including: procrastination stress performance self-esteem perfectionism goal selection socratic questioning. This highly practical book is illustrated throughout with lengthy coach-coachee dialogues that include a commentary of the aims of the coach during the session. It will be essential reading for both trainees and professional coaches whether or not they have a background in psychology. It will also be useful for therapists, counsellors and psychologists who want to use coaching in their everyday practice.

Motivational Career Counselling & Coaching

This best-selling, eminently practical, evidence-based guide to the cognitive behavioural approach to counselling has now been substantially revised and updated to reflect current theoretical and practical developments in the CBT field. The second edition contains an expanded step-by-step guide to the process of counselling, from initial contact with the client to termination. The guide follows a skills-based format and new case studies illustrate the theory into practice. Drawing on their own extensive experience and contemporary research, the authors provide a concise overview of the cognitive behavioural approach, with new material on emotional problems rarely covered in practitioner guides, a strong emphasis on the therapeutic alliance, and updated bibliographic references throughout.

Handbook of Coaching Psychology

Cognitive Behavioural Therapy (CBT) delivers powerful tools that can help you dramatically improve your life. This is the most useful and practical guide to CBT available. Written by highly regarded Clinical Psychologist Dr Stephen Briers, it clearly explains how CBT works, giving you plenty of exercises to help put the theory into practice and illustrate the effectiveness through stories from people who have used CBT to turn their lives around. Clear, concise and highly readable. Brilliant Outcomes: - Understand what CBT is, its methods and models - Put CBT to work to improve your mind and your life - Build practical, step-by-step strategies for tackling any problem

Life Coaching

TEN SIMPLE STRATEGIES TO MANAGE ANXIETY, DEPRESSION, WORRY AND OTHER COMMON MENTAL HEALTH CONCERNS. Cognitive behavioural therapy is a proven form of psychotherapy that is often the first-line of treatment recommended for managing depression, anxiety, worry, and other common issues. Cognitive Behavioural Therapy Made Simple delivers a simplified approach to learning the most essential parts of cognitive behavioural therapy and applying them to your life.

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Written by licensed psychologist and bestselling author Seth Gillihan, *Cognitive Behavioural Therapy Made Simple* replaces workbook pages and technical language with quick and highly accessible cognitive behavioural therapy strategies that can be used on an as-needed basis. Presented with simple and straightforward language, *Cognitive Behavioural Therapy Made Simple* encourages readers to succeed with: - Practical explanations of 10 essential CBT principles: such as challenging negative thought patterns, behavioural activation, and overcoming procrastination, organized in a similar structure to in-person cognitive behavioural therapy - Supportive guidance: for creating goals and outlining strategies to help yourself meet them - Helpful self-evaluation sections: to help you track your progress and reflect on what you've learned using cognitive behavioural therapy For people who are interested in realizing the proven benefits of CBT, *Cognitive Behavioural Therapy Made Simple* is a vital resource that will promote personal growth as you overcome challenges and improve your wellbeing.

Change Your Life with CBT

Cognitive Behavioural Therapy has already helped millions of people overcome their issues and move their life forward – now it can really help you too. In this busy, demanding and often stressful modern world, it's a struggle to find time to even think about what your dreams and goals might be, let alone work towards actually realising them. It's so easy to get stuck in a routine, to opt for the easy answers, to feel a lack of inspiration and motivation and then wind up feeling anxious and depressed. Far from being an exciting or invigorating prospect, the mere idea of changing anything about your life soon seems hard work, scary and something to be avoided. But your life really can be better than it is now – you just need to learn how to really believe it can. Cognitive Behavioural Therapy, or CBT, can lend a hand. It will help you change the way you think and feel about yourself, about others and about the world around. As you begin to feel more positive, more motivated and more confident you'll soon begin to realise that your future is fully in your control. The scientifically-proven techniques of CBT are a powerful force to harness. Written by a leading psychologist, *Change Your Life with CBT* will deliver these tried and tested tools in an accessible package full of exercises, examples and practical advice and guidance. So if you're feeling that your life has got stuck in first gear, or even stuck in reverse, and if you believe that the main thing holding you back is probably yourself, *Change Your Life with CBT* can help you overcome your barriers and start to achieve your goals at home, at work and throughout your whole life.

Rational Emotive Behavioural Coaching

Although the symptoms of personality disorders may differ widely in shape and scope, they are almost always treated with cognitive behavioral therapy (CBT). This is because all ten personality disorders are characterized by rigid thought and behavior patterns, and most people with these disorders suffer from similar types of ongoing conflict and instability in many

aspects of their lives. Packed with exercises and worksheets, The Cognitive Behavioral Therapy Workbook for Personality Disorders presents a series of eight social skills and coping skills readers can learn and practice to overcome their personality disorder. First, readers learn to get reactivated in life and correct the self-defeating thoughts that hold them back. Then they learn a series of relaxation, visualization, and imagery techniques to confront their fears. Finally, readers practice real-life exposure to those fears and develop additional communication, emotion regulation, and coping skills to keep their personality-disorder-related behaviors in check. This workbook is the ideal resource for readers who suffer from any of the ten personality disorders: paranoid personality disorder; schizoid personality disorder; schizotypal personality disorder; histrionic personality disorder; narcissistic personality disorder; antisocial personality disorder; borderline personality disorder; avoidant personality disorder; dependent personality disorder; and obsessive-compulsive personality disorder.

Brilliant Cognitive Behavioural Therapy

This is the first practice-oriented book to provide professionals with a clear and practical guide in delivering strength-based recovery-oriented CBT intervention. Essentially, strength-based CBT moves away from a deficit and rehabilitation model and offers a person with mental illness a sense of renewed hope and meaning of life. With plenty of case illustrations, the book integrates the recovery model and cognitive-behaviour approaches and provides readers with a theoretical understanding of the recovery process and how various cognitive-behaviour strategies can be skilfully applied to different stages of the recovery process. It is written for professionals such as psychiatrists, psychologists, social workers, occupational therapists and nurses in the mental health fields. Step-by-step illustrations of the use of the various cognitive behavioural strategies and worksheets are provided throughout the book.

CBT: A Clinician's Guide to Using the Five Areas Approach

This concise and accessible book introduces the 30 Distinctive Features of Rational Emotive Behavioural Coaching, also known as REBC, an approach which applies the principles of REBT to coaching. Divided between 10 theoretical and 20 practical features, the book covers a range of topics, including meaning and values, development, the working alliance, dealing with obstacles and common coachee problems. The book sets out two different approaches: development-focused REBC, which concentrates on the coachee's areas of development, and problem-focused REBC, which concentrates on the coachee's practical and emotional problems of living. Within the latter category, the book also distinguishes between practical problem-focused REBC and emotional problem-focused REBC. Rational Emotive Behavioural Coaching: Distinctive Features will be an essential reference for anyone seeking to understand the key features of this unique approach to coaching.

Acceptance and Commitment Coaching

In Very Brief Cognitive Behavioural Coaching Windy Dryden presents VBCBC: a unique approach to coaching from a cognitive behavioural perspective which takes place over the course of one to three sessions. The approach is designed to help coachees identify at least one major objective, discuss and select ways to achieve it and, if necessary, deal with obstacles that they experience in pursuing it. The book presents the basic assumptions of the Very Brief Cognitive Behavioural Coaching (VBCBC) approach, how it can be understood from the perspective of working alliance theory and recommendations concerning when it can be used and when not. Dryden begins by defining coaching and explaining the aims of VBCBC, before examining the input factors which can increase its effectiveness and concluding with a seven-stage process view. The book also includes a transcript of a real VBCBC session, with commentary. Written clearly and accessibly, this will be essential reading for coaches of all backgrounds interested in brief approaches, including those in training, coaching psychologists and coach supervisors.

The Comprehensive Clinician's Guide to Cognitive Behavioral Therapy

Positive Psychology Coaching in Practice provides a comprehensive overview of positive psychology coaching, bringing together the best of science and practice, highlighting current research, and emphasising the applicability of each element to coaching. With an international range of contributors, this book is a unique resource for those seeking to integrate positive psychology into their evidence-based coaching practice. Beginning with an overview of positive psychology coaching, the book includes an assessment of theories of wellbeing, an examination of mindfulness research, a guide to relevant neuroscience, and a review of a strengths-based approach. It also contains chapters which explore the application of ACT, the role of positive psychology in wellness and resilience coaching, positive leadership theory, and developmental psychological theories as they relate to coaching through significant life transitions. In each chapter, theory and research is thoroughly explored and applied directly to coaching practice, and supported with a list of relevant resources and a case study. The book concludes with the editors' views on the future directions of positive psychology coaching. Positive Psychology Coaching in Practice will be essential reading for professional coaches in practice and in training seeking to enhance their evidence-based practice, coaching psychologists, practitioners of positive psychology, and academics and students of coaching, coaching psychology and positive psychology.

The Cognitive Behavioral Therapy Workbook for Personality Disorders

A workbook designed for people receiving counseling but helpful for those seeking a self-help approach to their personal problems and concerns.

Rational Emotive Behaviour Therapy

The first published book to detail a model of behavioural coaching and how to apply it. Behavioral Coaching is a universal and scientific model, resulting in validated, measurable, sustained learning and change in individuals and organisations. Both of the authors are leaders in their fields. Their books sell well internationally and they have an established reputation as coaching authorities. This book follows on from the first two books; *The Complete Guide to Coaching at Work* was a general introduction to definitions and applications of coaching. Behavioral Coaching provides a model of practice for the coaching applications in *The Complete Guide to Coaching at Work* and the tools and techniques described in *The Coaching at Work Toolkit*. This book presents a coherent definition and model of behavioural coaching based upon scientific, validated behavioural principles.

Cognitive Behavioural Coaching

Cognitive Behavioural Counselling in Action

This informative and straightforward book explores the emergence of motivational interviewing (MI) and cognitive behavioural therapy (CBT), with specific attention given to the increasing focus on the central importance of the therapeutic alliance in improving client outcomes. Comprising 30 short chapters divided into two parts – theory and practice – this entry in the popular "CBT Distinctive Features Series" covers the key features of MI-informed CBT, offering essential guidance for students and practitioners experienced in both MI and CBT, as well as practitioners from other theoretical orientations who require an accessible guide to this developing approach.

Non-directive Coaching

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.

Positive Psychology Coaching in Practice

Some individuals emerge from grim experiences stronger in mind and spirit than others who suffered the same ordeal. In this updated and revised edition, Michael Neenan focuses on the meanings we attach to life's adversities in order to understand how we respond to them. This is why different people can react to the same adverse event in a variety of ways such as fighting back or crumbling. Different meanings of what constitutes resilience are also discussed and the author takes issue with the simplistic view of it as bouncing back from adversity which suggests the absence of struggle and emotional pain as well as underestimating how long the process of self-righting can sometimes take. *Developing Resilience* shows how people can find constructive ways of dealing with hard times by using the ideas and techniques of cognitive behavioural therapy as well as drawing on the viewpoints and experiences of other writers presented here. This book provides useful guidance and advice on topics including:

- managing negative emotions in difficult times
- using an assets and liabilities model to understand resilient behaviour
- distinguishing between what's within and outside of your control
- identifying and changing attitudes that undermine resilience building
- developing self-belief
- increasing your level of frustration tolerance
- maintaining a resilient outlook.

This book will be essential reading for anyone interested in learning more about resilience as well as for mental health professionals, coaches and therapists looking for guidance in helping their clients to cope better with adversity.

Developing Resilience

The widespread popularity of coaching in support of workplace performance, leadership development and employee engagement was heavily underscored by the findings of a CIPD (Chartered Institute of Personnel and Development) survey carried out in 2009 which revealed that 90 per cent of organisations surveyed use coaching techniques. Cognitive Behavioural Coaching (CBC) takes coaching a stage further. It recognises that how people think affects how they feel which, in turn, influences the decisions and actions they take. Through a systematic process of questioning, CBC challenges an individual's limiting beliefs and behaviours and helps them to see and act differently. The *Cognitive Behavioural Coaching Pocketbook* uses a simple 5-step model to explain in clear, practical terms how coaches, L&D staff and managers can use CBC for the benefit of both the individual and the organisation.

Cognitive Behavioural Therapy Made Simple

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.

Cognitive Behavioural Coaching - Combining Cbt with Emotional Intelligence for Evidence-Based Practice

Review the basics of substance use disorders--alcohol, prescription drugs, and illegal drugs--and what second- or third-wave CBT therapies can offer people who suffer with addiction. Add community reinforcement approach (CRA) to your CBT toolkit and see how it can be more successful than 12-step recovery programs.

Practicing Positive CBT

This comprehensive practitioner guide provides an accessible evidenced based approach aimed at those new to coaching and who may be undertaking coach training for a certificate in coaching or professional credentials or accreditation with the AC, ICF, EMCC, CMI or ILM. The book will also be useful for those who want to enhance their coaching skills. The Coaches Handbook is edited by Jonathan Passmore, an internationally respected expert and executive coach, with chapters from leading coaching practitioners from across the world. The book is divided into seven sections. Section one examines the nature of coaching, its boundaries, the business case for coaching and how organisations can build a coaching culture. Section two focuses on deepening our self-understanding and understanding our clients, the non-violent communications mindset and the coaching relationship. Section three focuses on the key skills needed for coaching including goal setting, powerful questions, active listening, using direct communications and the role of silence, emotions and challenge in coaching. Section four offers a range of coaching approaches including behavioural, person-centred, solution-focused, psychodynamic, neuroscience, narrative, positive psychology, out-door eco-coaching, team coaching, careers coaching and

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integrated coaching. Section five focuses on fundamental issues in coaching such as ethics and contracting and evaluation. Section six explores continuous professional development, reflection and the role of supervision, as well as how to establish your coaching business. The final section contains a host of coaching tools which practitioners can use to broaden their practice. Unique in its scope, this key text will be essential reading for coaches, academics and students of coaching. It is an important text for anyone seeking to understand the best practice approaches that can be applied to their coaching practice, including human resources, learning and development and management professionals, and executives in a coaching role.

Brief Cognitive Behaviour Therapy

CBT is a proven and effective approach to mastering your thoughts, and here the authors of Cognitive Behavioural Therapy For Dummies show you step-by-step how to put the lessons of their book into practice. Inside you'll find a huge number of hands-on exercises and techniques to help you remove roadblocks to change - whether you're seeking to overcome anxiety and depression, boost self-esteem, lose weight, beat addiction or simply improve your outlook in your professional and personal life - and regain control over your life. Rhena Branch and Rob Willson are CBT therapists at the Priory Clinic in London, and the authors of Cognitive Behavioural Therapy For Dummies.

Cognitive Behavioural Therapy Workbook For Dummies

Jon Hill and Joe Oliver introduce the Acceptance and Commitment Coaching (ACC) model with clarity and accessibility, defining it as an approach that incorporates mindfulness and acceptance, focusing on committed, values-based actions to help coachees make meaningful changes to their lives. Acceptance and Commitment Coaching: Distinctive Features explains the ACC model in such a way that the reader will be able to put it into practice immediately, as well as offering sufficient context to anchor the practical tools in a clear theoretical framework. Split into two parts, the book begins by emphasising ACC's relevance and its core philosophy before providing an overview of its key theoretical points and the research that supports it. The authors also explain the six key ACC processes: defusion, acceptance, contact with the present moment, self as context, values and committed action, and explain how to use them in practice. Hill and Oliver address essential topics, such as the critical work needed before and as you begin working with a coachee, how to use metaphor as an effective tool as a coach, and they finish by offering helpful tips on how to help coachees maintain their positive changes, how to make ACC accessible to all types of client, how to manage challenging coachees and how to work with both individuals and groups using ACC. Aimed specifically at coaches, the book offers context, examples, practicality and a unique combination of practical and theoretical points in a concise format. Acceptance and Commitment Coaching: Distinctive Features is essential reading for coaches, coaching psychologists and executive coaches in practice and in

training. It would be of interest to academics and students of coaching psychology and coaching techniques, as well as Acceptance and Commitment Therapy (ACT) practitioners looking to move into coaching.

Cognitive Behavioural Coaching Pocketbook

MANAGE YOUR ANXIETY AND DEPRESSION IN JUST 7 WEEKS WITH YOUR NEW CBT WORKBOOK Getting through depression and anxiety requires changing the way you think. Retrain Your Brain: Cognitive Behavioural Therapy in 7 Weeks does just that. Offering a simple and practical plan that anyone can follow, this interactive workbook teaches you cognitive behavioural therapy (CBT)- an extremely effective approach to managing anxiety and depression. This workbook gives you the tools to work through your current problems and future challenges. Each lesson builds off the last, allowing you to build your cognitive behavioural therapy skills without getting overwhelmed. Retrain Your Brain: Cognitive Behavioural Therapy in 7 Weeks includes: - A Complete Guide to CBT: Learn what cognitive behavioural therapy is, how it can help you, and how to apply it to your life in just a few weeks. - Practical Lessons: Simple, directed writing exercises make it easy to apply cognitive behavioural therapy to your life. - True Relief: Discover how cognitive behavioural therapy can make a real, tangible difference by providing well-needed, long-lasting relief. Conquer your depression and anxiety with Retrain Your Brain: Cognitive Behavioural Therapy in 7 Weeks.

Cognitive Behavioural Coaching

Providing tools to enhance treatment of any clinical problem, this book shows how integrating motivational interviewing (MI) and cognitive-behavioral therapy (CBT) can lead to better client outcomes than using either approach on its own. The authors demonstrate that MI strategies are ideally suited to boost client motivation and strengthen the therapeutic relationship, whether used as a pretreatment intervention or throughout the course of CBT. User-friendly features include extensive sample dialogues, learning exercises for practitioners, and 35 reproducible client handouts. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

Cognitive Behavioral Therapy

Drs. Sokol and Fox have the knowledge base to bring you the most comprehensive and up-to-date information regarding CBT. Written for mental health professionals, students, trainers, supervisors, teachers, and clinicians of all levels, this workbook is filled with practical, easy-to-understand tools to help you put theory into practice. Filled with worksheets,

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coping cards, step-by-step plans and activities, this accessible guide will help you teach clients effective coping skills, which builds their confidence, and eliminates self-doubt--the most crucial part of treatment. These tools will help clients become their own therapist and sustain recovery across a variety of issues, including: Depression Bipolar Disorder Anxiety Anger Substance Abuse Personality Disorders PTSD Self-Harm and Suicidality Psychosis

Cognitive Behavioural Coaching Pocketbook

Practicing Positive CBT: From Reducing Distress to Building Success reveals a new therapeutic approach that combines traditional CBT with Positive Psychology and Solution-Focused Brief Therapy. By shifting the focus of therapy from what is wrong with clients to what is right with them and from what is not working to what is, Positive CBT creates a more optimistic process that empowers clients and therapists to flourish. Increases client motivation and collaboration; allows therapeutic outcomes to be achieved in shorter timeframes and in a more cost-effective way. Covers theory and applications, and provides a wide range of stories, exercises and case studies. The author has a uniquely broad knowledge and experience as a therapist and trainer of CBT, PP, and SFBT.

A Strength-Based CBT Approach to Recovery

Are you a career counsellor or coach in need of a new skills set to help meet the challenges of supporting clients? This book is for you. It is the first to combine the theory & practice of CBT with career counselling, presenting cognitive & behavioural approaches to help clients think & act more effectively in challenging situations in order to obtain their goals. Providing clear, practical strategies & a wealth of materials that can be used with clients in one-to-one or group settings, the book introduces: - theory of cognitive & behavioural psychological approaches within the context of career counselling - motivational techniques to help clients succeed at interview - how to help clients make effective vocational/educational choices & excel in the workplace - professional issues i.e., assessment tools, ethical issues, evaluation - self-management, using CBT techniques on yourself. This is essential reading for trainees studying for a careers guidance qualification, as well as CBT trainees wishing to go on to career counselling. Steve Sheward is a Careers Counsellor & CBT Therapist working in the NHS. He was previously director of the Connexions Service in South London. Rhena Branch is an experienced CBT Therapist & author, teaching the MSc in RECBT at Goldsmith's University.

Excellence in Coaching

The way we think profoundly influences the way we feel and behave. Therefore, it can be said that learning to think differently can enable us to feel and act differently. Derived from the methods of cognitive behaviour therapy, Cognitive

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Behavioural Coaching: A Guide to Problem Solving and Personal Development shows you how to help yourself by tackling self- and goal-defeating thinking and replacing it with an effective problem-solving outlook. This book gives clear and helpful advice on: Dealing with troublesome emotions Overcoming procrastination Becoming assertive Tackling poor time management Developing persistence Developing resilience Handling criticism constructively Taking risks and making better decisions Originally titled Life Coaching: A Cognitive Behavioural Approach, the third edition of this book has been considerably revised and updated to reflect current thinking on some of the topics discussed. This book will be invaluable to all those who are interested in becoming more personally effective in their everyday lives, and to counsellors, coaches and psychologists, students and qualified alike.

The Client's Guide to Cognitive-behavioral Therapy

Offering a unique philosophical, theoretical and process-focused introduction to one of the cornerstones of CBT: assessment and case formulation. Updated and expanded to take account of the vast developments in the field of CBT since its first publication, this second edition follows a clear two part structure: - Part One introduces trainees to the key theory, practice and processes of assessment and case formulation - Part Two provides practical illustrations of the theory through 12 extended case studies, considering both 'simple' and 'complex' presenting issues. Each of these chapters follows a set structure to enable easy comparison. Offering all they need to know about this crucial part of their training, this is essential reading for trainees on any CBT course.

Cognitive Behavioural Therapy Workbook For Dummies

Ultra-Brief Cognitive Behavioral Interventions showcases a new practice model to address both physical and psychological health issues in mental health and integrated care settings, utilizing focused interventions in brief treatment formats. This unique text offers a toolkit of effective interventions and methods - including cognitive behavioral therapy (CBT) methods that can be used in a very brief time frame of 10-20 minutes - that can be quickly and efficiently applied to ameliorate specific symptoms. The 20 most common interventions in short-term therapy practiced in mental health and integrated care settings are illustrated in session transcriptions of the full course of focused therapy, with common presentations such as depression, anxiety and acute distress, pain, sleep problems, and weight problems. This book prepares emerging and experienced counselors and therapists to provide short-term therapy for their clients and equips them with the necessary skills to meet the challenges facing mental health care today and in the future.

The Coaches' Handbook

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Rational Emotive Behaviour Therapy (REBT) is practised all over the world and has many therapeutic, occupational and educational applications. Rational Emotive Behaviour Therapy: 100 Key Points and Techniques presents 100 main features of this system, to help therapists improve their practice. These essential points have been derived from the authors' own practice, and also from their experience as trainers and supervisors of novice rational emotive behaviour therapists. Beginning with an introduction outlining the basics of the approach, this book offers thorough coverage of all the vital topics, including: - therapeutic alliance issues - educational issues - dealing with clients' misconceptions about REBT - encouraging clients to work at change - dealing with obstacles to client change - using the system in a creative way. This concise and highly practical book will be invaluable to psychotherapists and counsellors in training and practice, ensuring comprehensive understanding of the REBT approach.

Motivational Interviewing and CBT

Published with the Association for Coaching, Excellence in Coaching presents cutting-edge thinking in the field of workplace coaching. This comprehensive industry guide enables coaches to achieve personal excellence in a rapidly evolving profession through a collection of best-practice material covering: setting up and running your coaching practice; transpersonal coaching; behavioural coaching (the GROW model); integrative coaching; solution-focused coaching; intercultural coaching; cognitive behavioural coaching; coaching and stress; NLP coaching and coaching ethics. This latest edition has been updated to reflect recent evolvments in the industry and includes brand new chapters on accreditation, evaluating coaching, appreciative inquiry and making the most of a coaching investment.

Very Brief Cognitive Behavioural Coaching (VBCBC)

The Handbook of Coaching Psychology: A Guide for Practitioners provides a clear and extensive guide to the theory, research and practice of coaching psychology. In this new and expanded edition, an international selection of leading coaching psychologists and coaches outlines recent developments from a broad spectrum of areas. Part One examines perspectives and research in coaching psychology, looking at both the past and the present as well as assessing future directions. Part Two presents a range of approaches to coaching psychology, including behavioural and cognitive behavioural, humanistic, existential, being-focused, constructive and systemic approaches. Part Three covers application, context and sustainability, focusing on themes including individual transitions in life and work, and complexity and system-level interventions. Finally, Part Four explores a range of topics within the professional and ethical practice of coaching psychology. The book also includes several appendices outlining the key professional bodies, publications, research centres and societies in coaching psychology, making this an indispensable resource. Unique in its scope, this key text will be essential reading for coaching psychologists and coaches, academics and students of coaching psychology, coaching and

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mentoring and business psychology. It will be an important text for anyone seeking to understand the psychology underpinning their coaching practice, including human resource, learning and development and management professionals, and executives in a coaching role.

Ultra-Brief Cognitive Behavioral Interventions

Cognitive Behavioural Coaching (CBC) takes the highly effective techniques and principles of CBT off the therapists couch and in to the work place and the home. Whether you're already a coach, interested in becoming one or new to the subject; this friendly guide covers the origins and principles of Cognitive Behavioural Coaching and walks you step-by-step through the coaching process. The book explains how to use the tools and techniques of CBC to challenge negative thinking, make positive changes, achieve goals and improve effectiveness in your personal and professional life. Coverage includes: The principles and the basics of CBC The Attributes of the CB Coach and the CBC Process The CBC toolkit for Work and Life Exploring Potential and working with Relationships Managing Career Transitions and maintaining Peak Performance About the author Helen Whitten is an experienced and accredited coach, facilitator, mediator and writer. She is the Founder and Managing Director of Positiveworks London, a consultancy company providing coaching and development programmes to people in the public and private sector throughout the world.

Mastery in Coaching

The widespread popularity of coaching in support of workplace performance, leadership development and employee engagement was heavily underscored by the findings of a CIPD (Chartered Institute of Personnel and Development) survey carried out in 2009 which revealed that 90 per cent of organisations surveyed use coaching techniques. Cognitive Behavioural Coaching (CBC) takes coaching a stage further. It recognises that how people think affects how they feel which, in turn, influences the decisions and actions they take. Through a systematic process of questioning, CBC challenges an individual's limiting beliefs and behaviours and helps them to see and act differently. The Cognitive Behavioural Coaching Pocketbook uses a simple 5-step model to explain in clear, practical terms how coaches, L&D staff and managers can use CBC for the benefit of both the individual and the organisation.

Cognitive Behavioural Coaching in Practice

This is a key text for both practitioners and those on postgraduate coaching courses. It considers how coaches working primarily non-directively can develop their practice by assimilating ideas from a range of approaches. It also looks at how they might apply their non-directive coaching skills in a number of other fields. The text acknowledges that there is no

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single way to coach effectively and that it is impossible to be totally non-directive as a coach. However, it promotes the need for a coach to be very clear about how directive or non-directive they wish to be, both in their overall approach and as they decide in the moment what to say or do next in a coaching conversation.

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