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# CBT For Psychosis: A Symptom-based Approach (The International Society For Psychological And Social Approaches To Psychosis Book Series)



## Synopsis

This book offers a new approach to understanding and treating psychotic symptoms using Cognitive Behavioural Therapy (CBT). CBT for Psychosis shows how this approach clears the way for a shift away from a biological understanding and towards a psychological understanding of psychosis. Stressing the important connection between mental illness and mental health, further topics of discussion include: the assessment and formulation of psychotic symptoms, how to treat psychotic symptoms using CBT, CBT for specific and co-morbid conditions, CBT of bipolar disorders. This book brings together international experts from different aspects of this fast developing field and will be of great interest to all mental health professionals working with people suffering from psychotic symptoms.

## Book Information

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## Customer Reviews

Most of the chapters were originally part of a series in a Norwegian journal and represent a range of topics addressed by leading experts on CBT for psychosis. It needs to be on the desk of any

therapist trying to learn CBTP.

This is an excellent book to gain an in depth understanding of psychosis and CBT for psychosis. I highly recommend this book to all healthcare professionals that want to have a greater understanding of psychosis and/or will be treating psychosis or psychotic-related disorders with CBT.

thank you

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