



# CBT for Beginners

By Jane Simmons, Rachel Griffiths

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*CBT for Beginners*, Second Edition is designed to help your students make the best start in their careers as confident CBT therapists. Comprising all the main theory and competencies covered in training, this book takes your students right back to basics, equipping them with the essential nuts and bolts to practice CBT effectively.

Key features include:

- Written in a **language** familiar to first year trainees, offering your students an **accessible** route in to the subject.
- **Exercises** and **case dialogue** to invite critical reflection and enhance learning.
- **Summary boxes** to check your students' understanding of key content along the way.
- **Further reading lists** to allow students to take what they have learnt to the next step.

Focusing on case formulation, the authors show how to build a 'picture' of each individual client, using their case history to inform interventions. What results is a practical guide to the fundamentals of practicing CBT, making this the ideal starter text for CBT modules on any of your counselling, psychotherapy or wider health care courses.

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## CBT for Beginners By Jane Simmons, Rachel Griffiths Bibliography

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## **Editorial Review**

### **Review**

A succinct, clear guide to the basics of CBT. (Dr Ann Hackmann)

I use this book in my teaching of Masters of Clinical Psychology students and they love it. It's easy to read and follow, providing a great starting point for trainee psychologists to learn the basics of CBT. Students really grasp the concepts well and it increases their confidence in delivering therapy. (Dr Vivienne Lewis)

CBT for beginners initially appears to be a rather daunting concept when the text is rather large. However, the format of this text book provides a no nonsense and completely user-friendly directory for both student, academic and practitioner use.

I enjoyed the way in which each chapter is broken down, each section, concept and idea separated and highlighted and how each one has some key points at the end by way of an aid memoir. I will certainly be using this with counselling and communication students as it presents a series of case studies and scenarios which are relevant and accessible.

CBT for beginners is written in a way which does not compromise on academic and theoretical content but that breaks down important issues, challenges and practices so that the reader not only has an opportunity to reflect on what they have learnt but also ways in which practical skills might be applied.

(Tracie Trimmer-Platman)

### **About the Author**

Jane Simmons works as a Clinical Psychologist in adult mental health services in South Wales. She has previously worked as a project manager setting up an IAPT service in England. She has worked in the NHS since gaining her doctorate in Clinical Psychology in 2000 from the Oxford doctoral course of Clinical Psychology and also works in Independent Practice in Bristol.

Rachel Griffiths is a Consultant Clinical Psychologist working in South Wales. She has worked in the NHS since gaining her doctorate in clinical Psychology in 2003 . Rachel has worked with adults with mental health problems in inpatient and community settings and currently works in a service for people with chronic pain.

## **Users Review**

### **From reader reviews:**

#### **Barbara Harp:**

What do you concentrate on book? It is just for students since they're still students or the idea for all people in the world, exactly what the best subject for that? Just simply you can be answered for that concern above. Every person has different personality and hobby for every other. Don't to be pushed someone or something that they don't would like do that. You must know how great in addition to important the book CBT for Beginners. All type of book could you see on many methods. You can look for the internet methods or other social media.

**Antonia Wagner:**

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**Bessie Barrett:**

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**Delaine Valencia:**

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