



Cognitive Therapy: Transforming the Image

Frank Wills, Diana J Sanders

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Despite the massive changes that have transformed cognitive therapy in recent years, many counsellors still feel a lingering resistance to the cognitive model, seeing it as too rational and mechanistic in its methods. This accessible book challenges such negative views.

Frank Wills and Diana Sanders describe the original model and methods of cognitive therapy, then concentrate on the new wave of therapeutic creativity sweeping cognitive therapy, which is making an already effective approach even more applicable to a wide client group and range of issues and problems.

The authors show how both the theory and practice of cognitive therapy are enhanced by concepts more usually associated with other approaches

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