



Innovations and future directions in the behavioural and cognitive therapies /

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Monografía

Across the globe, cognitive and behavioural therapies (CBT) are used every day by a wide variety of health professionals including psychologists, psychiatrists, nurses, and social workers to change peoples' lives. Since 1995 the World Congress of Behavioural and Cognitive Therapies (WCBCT) has showcased the latest advances in CBT to an international professional audience. Now for the first time this unique book draws together a veritable 'who's who' of leading CBT researchers and practitioners presenting their work at the 2016 WCBCT. Over 190 leading researchers and practitioners from across

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