



# **How to Help Your Clients Get the Most Out of CBT: A therapist's guide**

*Windy Dryden*



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## How to Help Your Clients Get the Most Out of CBT: A therapist's guide Windy Dryden

*How to Help Your Clients Get the Most Out of CBT: A therapist's guide* is a practical guide, which will show therapists, both experienced and novice, how to assist clients and help them decide whether CBT is suitable for them and, if so, to help them get the most out of therapy. Rather than concentrating on skills, the book covers the realities of practice, with chapters on how to make therapeutic agreements with the client, helping clients prepare for sessions, and how to deal with lack of therapeutic progress should that occur. The book can be used in conjunction with a book for clients, *How to Get the Most Out of CBT: A client's guide*, which is written for those considering using or already consulting a cognitive behaviour therapist.

This concise and highly practical book will be an invaluable resource to Cognitive Behaviour Therapists in practice and training.



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