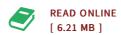




Oxford Guide to Imagery in Cognitive Therapy

By Ann Hackmann, James Bennett-Levy, Emily A. Holmes

Oxford University Press. Paperback. Book Condition: new. BRAND NEW, Oxford Guide to Imagery in Cognitive Therapy, Ann Hackmann, James Bennett-Levy, Emily A. Holmes, Imagery is one of the new, exciting frontiers in cognitive therapy. From the outset of cognitive therapy, its founder Dr. Aaron T. Beck recognised the importance of imagery in the understanding and treatment of patient's problems. However, despite Beck's prescience, clinical research on imagery, and the integration of imagery interventions into clinical practice, developed slowly. It is only in the past 10 years that most writing and research on imagery in cognitive therapy has been conducted. The Oxford Guide to Imagery in Cognitive Therapy is a landmark book, which will play an important role in the next phase of cognitive therapy's development. Clinicians and researchers are starting to recognise the centrality of imagery in the development, maintenance and treatment of psychological disorders - for example, in social phobia, agoraphobia, depression, PTSD, eating disorders, childhood trauma, and personality disorder. In the fields of cognitive psychology and cognitive neuroscience, researchers are identifying the key role that imagery plays in emotion, cognition and psychopathology. The Oxford Guide to Imagery in Cognitive Therapy has been written both for clinicians and researchers....



Reviews

Absolutely essential study publication. It usually fails to expense an excessive amount of. Your lifestyle period will probably be transform when you full looking at this publication.

-- Ms. Allene Conroy

This ebook can be well worth a go through, and far better than other. Sure, it can be enjoy, continue to an interesting and amazing literature. I am just delighted to tell you that this is the greatest book i have got study within my personal daily life and could be he very best publication for actually.

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