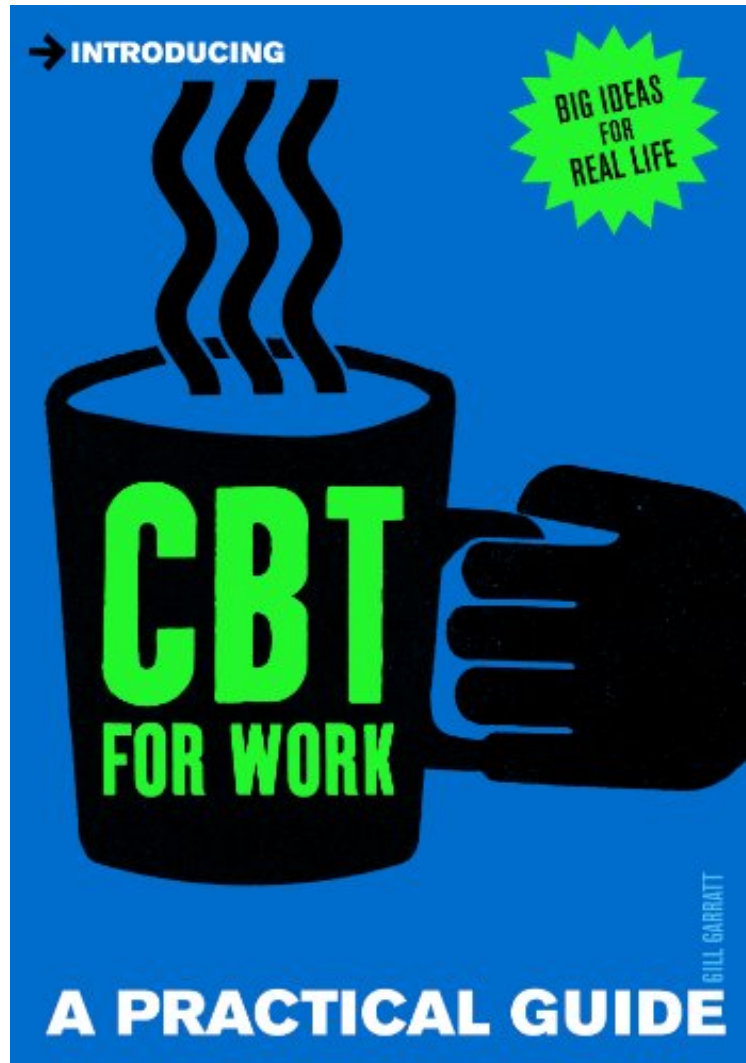


[FREE] Introducing Cognitive Behavioural Therapy (CBT) for Work: A Practical Guide (Introducing...)

Introducing Cognitive Behavioural Therapy (CBT) for Work: A Practical Guide (Introducing...)

Gill Garratt

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Gill Garratt : Introducing Cognitive Behavioural Therapy (CBT) for Work: A Practical Guide (Introducing...) before purchasing it in order to gage whether or not it would be worth my time, and all praised Introducing Cognitive Behavioural Therapy (CBT) for Work: A Practical Guide (Introducing...):

An INTRODUCING PRACTICAL GUIDE to applying this hugely popular therapy in the workplace. Cognitive Behavioral Therapy, commonly known as CBT, has roots stretching back as far as the ancient Greeks. It is a talking cure ndash; a branch of therapy widely regarded as effective in curing or at least alleviating the symptoms of a wide

range of disorders from anorexia to post-traumatic stress disorder. **INTRODUCING CBT FOR WORK** ndash; A **PRACTICAL GUIDE** focuses on how you can incorporate CBT's insights to improve your time in the workplace, such as tackling lack of self-motivation or feelings of inadequacy, and replacing them with new ways of thinking that will make you both happier and more effective in your work. Whether you're suffering from a particular complaint or simply feel that CBT's measured and results-driven approach can be of benefit to you, this is the perfect concise guidebook.

About the Author Gill Garratt is a psychologist and accredited practitioner in CBT therapy with twenty years of experience. She has used CBT in settings including factories, offices, global financial organisations, central government and even prisons and cruise ships.