



Using CBT in General Practice, second edition: The 10 Minute CBT Handbook

Lee David

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Using CBT in General Practice, second edition provides family physicians with an overview of the basic principles of CBT and shows how these principles can be applied within a typical 10 minute consultation. The book is written in a user-friendly, interactive and practical style and focuses on realistic ways to make CBT work by helping patients to make positive changes to their lives.

Key features of this second edition include:

- * case examples to highlight how the techniques can be applied in practice for patients with particular problems or clinical conditions, such as coping with negative thoughts
- * problem-solving sections describe how to manage time constraints
- * a new consultation model that can be used to implement CBT in general practice
- * detailed overviews of the major clinical psychological conditions that can be treated using CBT, such as panic, low self-esteem, and insomnia.

Using CBT in General Practice uniquely provides the practical advice needed to implement CBT within the time constraints of a busy practice – it is therefore essential reading for all family physicians, who must now offer CBT as a treatment option. As this is a practical manual and not just a book of theory, it will also appeal to other professionals involved in the management of patients with psychological problems such as practice nurses, health visitors, community psychiatric nurses, practice counsellors and palliative care doctors.

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