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

By Gill Garratt

Icon Books Ltd. Paperback. Book Condition: new. BRAND NEW, Introducing Cognitive Behavioural Therapy (CBT) for Work: A Practical Guide, Gill Garratt, An INTRODUCING PRACTICAL GUIDE to applying a 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 - 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 - 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.



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