



Case Formulation in Cognitive Behaviour Therapy: The Treatment of Challenging and Complex Cases

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Case formulation is the core skill of every practitioner carrying out psychological therapies at an advanced level. It is essential in providing an idiosyncratic understanding of the individual client and their clinical problems.

In this volume, Nicholas Tarrier brings together contributions that cover many of the clinical issues that will challenge practitioners in their practice of cognitive behaviour therapy. Each chapter serves as a practical guide to overcoming that particular clinical challenge and is grounded solidly in research evidence. Experts in each individual field discuss how case formulation aids clinical practice in their chosen area and demonstrate how detailed understanding of the clinical case leads to improved therapeutic outcome. Subjects covered include:

- a biopsychosocial and evolutionary approach to formulation with a special focus on shame
- case conceptualisation in complex PTSD
- cognitive behavioural case formulation in complex eating disorders.

This indispensable guide to formulating clinical cases will be welcomed by clinical psychologists, psychiatrists, psychiatric nurses, counsellors, social workers and students.

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