



Cognitive-Behavioural Therapy: Research and Practice in Health and Social Care (Library of Social Work Practice)

Brian Sheldon

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Cognitive-Behavioural Therapy is a comprehensively revised and augmented text, based on Professor Sheldon's previous book *Behavioural Modification* but thoroughly expanded and updated to take into account recent developments in social work effectiveness research, psychotherapy and clinical psychology, as well as the large-scale changes in the organization of the social services.

Based on empirical evidence, the book is designed to give a thorough grounding in cognitive-behavioural methods and their application. Professor Sheldon makes a powerful case for the greater use of these therapies in full recognition of the pressures under which social workers have to operate.

The book offers:

A thorough guide to assessment and therapeutic procedures, including methods of evaluation

A comprehensive review of the latest research on learning and cognition, examining the therapeutic implications of these studies

Illustrations of the main methods of helping with case examples from social work practice

Consideration of the ethical implications of such methods as a part of mainstream social work

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