DESCRIPTION

A practical and conceptual guide to treating depression using both Beckian CBT and the latest, cutting-edge third wave CBT approaches, including mindfulness and metacognitive therapy. It provides an understanding of depression and its treatment and a clear practical guidance on how to use each treatment approach.

• Covers CBT, metacognitive therapy, and third-wave behavioural approaches within one volume

• Presents the theoretical background and evidence for each approach, and describes application in a clear case study approach which clearly outlines the contrasting features of the treatments

• Includes separate chapter commentaries on the theory and clinical material covered

• Internationally renowned contributors include Arthur Nezu, David A. Clark, Robert Zettle, Keith Dobson, Ruth Baer, Adrian Wells and Robert Leahy

ABOUT THE AUTHOR

Peter Fisher is a Senior Lecturer in Clinical Psychology at the University of Liverpool, UK. He has published over 50 articles and book chapters on metacognitive therapy and cognitive therapy, and is the co-author with Adrian Wells of Metacognitive Therapy:
Distinctive Features (2009). He is a supervisor for the Metacognitive Therapy-Institute and has lectured and conducted workshops on metacognitive therapy nationally and internationally.

Adrian Wells is Professor of Clinical and Experimental Psychopathology at the University of Manchester, UK, and Professor in Clinical Psychology at the Norwegian University of Science and Technology, Trondheim. He is the originator of metacognitive therapy, a highly respected approach to understanding and treating psychological disorders. His publications include Cognitive Therapy of Anxiety Disorders (Wiley, 1997), which has become a benchmark text for therapists and Metacognitive Therapy for Anxiety and Depression (Guilford Press, 2008) the first treatment manual for MCT. He has published more than 200 scientific papers and articles.

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