



Trial-Based Cognitive Therapy: Distinctive features (CBT Distinctive Features)

Irismar Reis de Oliveira

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Trial-Based Cognitive Therapy (TBCT) is a new model of cognitive behaviour therapy (CBT) that organizes standard cognitive and behavioural techniques in a step-by-step fashion, making CBT more easily mastered by the new therapist, more easily understood by the patients, and simpler to be implemented, whilst still maintaining flexibility and CBT's recognized effectiveness.

Dividing thirty key features into two parts: 'Theory and Practice', this concise book explores the principles of TBCT, explains the techniques developed throughout TBCT therapy to change dysfunctional cognitions, and provides a clear guide to the distinctive characteristics of TBCT.

Trial-Based Cognitive Therapy will be of interest to psychiatrists, psychologists, social workers, therapists, counsellors and other professionals working in the field of mental health, plus those wanting to learn CBT.

Trial-Based Cognitive Therapy is part of the *Distinctive Features* series, which asks leading practitioners and theorists of the main CBT therapies to highlight the main features of their particular developing approach. The series as a whole will be essential reading for psychotherapists, counsellors and psychologists of all orientations.

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