

## Spring In Action Fourth Edition

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the definitive introduction to the theory and practice of emotion focused counselling

this substantially revised fifth edition of a classic text includes an updated preface new content on the therapeutic relationship substantially revised chapters on the middle phase of counselling and reflections on the influence of other modalities and shared aspects of practice across approaches each chapter now includes an annotated further reading section to help deepen knowledge and reinforce learning of key aspects of the counselling process

this best selling practical evidence based guide to the cognitive behavioural approach takes you step by step through the process of counselling from initial contact with the client to termination and follow up the book follows a skills based format based around the bordin and dryden model of bonds goals tasks and views with expanded case material to further illustrate links between theory and practice this third edition includes new content on the working alliance what it is and why it is so important challenges and pitfalls in the counselling process when to challenge and when not to challenge clients beliefs emotional problems such as shame guilt and jealousy as well as anxiety depression and anger drawing on their own extensive experience and contemporary research the authors provide a concise overview of the cognitive behavioural approach with new material on emotional problems rarely covered in practitioner guides a strong emphasis on the therapeutic alliance and updated bibliographic references throughout praise for the previous edition an elegant and informative guide to the practice of cognitive behavioural counselling recommended for all cbt practitioners mick power professor of clinical psychology university of edinburgh a deserved best seller for over 20 years peter trower and colleagues have completely revised and updated the book in light of the enormous scientific achievements of cbt in this time this brilliant book is essential reading for all cognitive behavioural practitioners max birchwood professor of youth mental health university of birmingham an absolutely wonderful book on cognitive behavioural counselling it includes not only the basic information but also recent conceptual advances in the field truly i cannot recommend this book highly enough e thomas dowd international editor journal of cognitive psychotherapy

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