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Find out how to apply the successful methods of cognitive-behavioural therapy (CBT) within a group setting in this guide from the American Psychological Association. Both a primer of CBT for readers new to this area, and a well-rounded presentation for those familiar with the practice, this book covers the essential hands-on techniques for applying CBT in group settings. The authors address a wide range of clinical problems and populations, all the while presenting specific therapeutic methods. The book focuses in particular on ways to enhance group cohesiveness and keep the group on task. Thoroughly pragmatic in approach, each chapter offers an array of clinical vignettes and tips for troubleshooting common problems that arise. Clinicians can use the detailed protocols provided to implement CBT therapy or to enhance existing groups with CBT methods. A useful read for all group practitioners.

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