

Brill COGNITIVE BEHAVIOURAL THERAPY

STEPHEN BRIERS 2nd Edition

iant



brilliant

cognitive behavioural therapy

Cognitive Behavioural Therapy

Table of Contents

Cover

Title Page

Copyright

Contents

About the author

Authors acknowledgements

Publishers acknowledgements

Chapter 1 So whats so brilliant about CBT?

Chapter 2 First principles

Chapter 3 Common thinking traps and how
to avoid them

Chapter 4 Grappling with negative thinking

Chapter 5 Using behaviour to change your
mind

Chapter 6 Mapping out your problems

Chapter 7 Beating the blues

Chapter 8 Conquering anxiety

Chapter 9 Taming anger

Chapter 10 Boosting self-esteem

Table of Contents

Chapter 11 Breaking the cycle: using CBT to
overcome addictions and destructive habits

Afterword: over to you now

References and further reading

Useful websites

Appendix 1 Brilliant directory of online CBT
courses, computer-based tools and smartphone
applications

Appendix 2 Example of a thought record

Appendix 3 Blank forms and thought record
templates

Appendix 4 What to do if its not working

Index