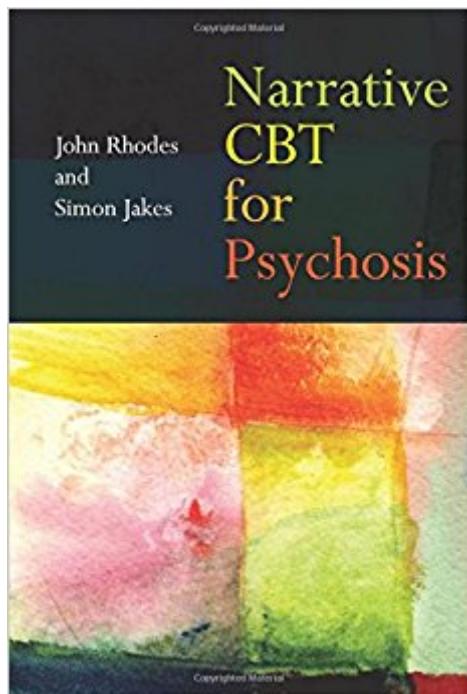


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# Narrative CBT For Psychosis



## **Synopsis**

Designed to meet the complex needs of patients with psychosis, *Narrative CBT for Psychosis* combines narrative and solution-focused therapy with established techniques from CBT (cognitive behaviour therapy) into one integrated flexible approach. In this book John Rhodes and Simon Jakes bring the practitioner up-to-date, as treatment and practice evolve to draw on other therapeutic approaches, creating an approach which is client centred and non-confrontational. The book contains many tried and tested practical ideas for helping clients, with several chapters including detailed and illuminating case studies. Areas of discussion include: how to work with delusions, voices and visions working with core beliefs an exploration of narratives of past difficulties and traumas recovery and ending therapy *Narrative CBT for Psychosis* will be essential reading for all mental health professionals who deal with psychosis who wish to learn a new approach.

## **Book Information**

Paperback: 240 pages

Publisher: Routledge; 1 edition (March 1, 2009)

Language: English

ISBN-10: 0415475724

ISBN-13: 978-0415475723

Product Dimensions: 6.1 x 0.6 x 9.2 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #624,525 in Books (See Top 100 in Books) #141 in Books > Health, Fitness & Dieting > Mental Health > Schizophrenia #998 in Books > Medical Books > Psychology > Mental Illness #1410 in Books > Textbooks > Social Sciences > Psychology > Psychopathology

## **Customer Reviews**

"Narrative CBT for Psychosis is a clearly written text describing the potential for integrating solution-focused and narrative-based approaches with CBT for psychosis. It provides practical examples from the authors' experiences with this novel approach." - David Kingdon, Professor of Mental Health Care Delivery, University of Southampton. "Rhodes and Jakes have achieved an ambitious goal. They have assimilated several therapeutic traditions into a coherent set of techniques and principles that can be deployed to reduce the suffering of people

with complex psychoses. This book will provide new and important ideas for practicing clinicians and clinical theorists alike". - Hamish McLeod, School of Psychology, University of Wollongong, Australia. "This is a significant contribution towards developing integrative therapeutic approaches to psychosis that combine a search for meaning and understanding with a practical interest in finding what works for the individual. The authors offer an innovative and inspirational synthesis which will be valued by all who seek to make sense and make progress in supporting people who experience psychosis to recovery."- Dr Glenn Roberts, Consultant in Psychiatric Rehabilitation and Recovery, Exeter & Lead on Recovery for the Royal College of Psychiatrists

John Rhodes is a Consultant Clinical Psychologist in the Department of Psychology, Brent (CNWL Trust), Lecturer on Clinical Psychology at the University of Hertfordshire and Honorary Lecturer at University College London. Simon Jakes is a Senior Clinical Psychologist on the Sub-acute Mental Health Unit at Campbelltown Hospital, South West Sydney, an Honorary Fellow at Wollongong University and an Honorary Associate at the University of Sydney.

Great book, put psychosis in perspective for me. I have worked in a psych. hosp. for years and this is the best book I have read in a long time.

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