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Windy Dryden presents VBCBC - a unique approach to coaching from a cognitive behavioural perspective which takes place over the course of one to three sessions. The

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approach is designed to help coachees identify at least one major objective, discuss and select ways to achieve it and, if necessary, deal with obstacles that they experience in pursuing it. The book presents the basic assumptions of the Very

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Brief Cognitive Behavioural Coaching (VBCBC) approach, how it can be understood from the perspective of working alliance theory and recommendations concerning when it can be used and when not.

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This fully updated second edition of Cognitive Behavioural Coaching in Practice explores various aspects of coaching from within a cognitive behavioural framework. In response to the continued growth in the popularity and scope of

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coaching and cognitive behavioural therapy, Michael Neenan and Stephen Palmer again bring together experts in the field to discuss topics including procrastination, stress, coaching alliance, motivational interviewing,

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goal selection and self-esteem. The book is illustrated throughout with coach-coachee dialogues that include a commentary of the aims of the coach during the session. This second edition is fully updated and includes three new chapters on

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single-session coaching, health and wellbeing coaching and coaching supervision. Part of the Essential Coaching Skills and Knowledge series, this comprehensive volume will be essential reading for coaches, as well as therapists,

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counsellors and psychologists.

This is a comprehensive evidence-
based clinical manual for
practitioners of cognitive-
behavioural hypnotherapy.

Cognitive-behavioural
hypnotherapy is increasingly

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becoming the dominant approach to clinical hypnosis. At a theoretical level, it adopts a research-based cognitive-behavioural model of hypnosis. At a practical level, it closely integrates traditional hypnotherapy and cognitive-

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behavioural therapy techniques.

This is the first major treatment

manual to describe a fully

integrated cognitive-behavioural

approach to hypnotherapy, based

on current evidence and best

practice in the fields of hypnotism

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and CBT. It is the product of years of work by the author, a cognitive-behavioural therapist and specialist in clinical hypnosis, with over fifteen years' experience in the therapy field. This book should be essential reading for

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anyone interested in modern evidence-based approaches to clinical hypnosis. It's also an important resource for cognitive-behavioural therapists interested in the psychology of suggestion and the use of mental imagery

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techniques.
Approach Essential Coaching Skills And Knowledge

Michael Neenan clearly and accessibly introduces the 30 Distinctive Features of cognitive behavioural coaching (CBC), an approach which applies the principles of CBT to coaching.

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Cognitive Behavioural Coaching: Distinctive Features sets out the key theoretical and practical features of CBT and discusses how they integrate into the generic model of coaching. The book covers the four key elements in

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developing a coaching relationship, provides psychological and practical problem-solving models, shows how to deal with stuck points in coaching and identifies which individuals are unsuitable for CBC. As well as providing research

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evidence to support the effectiveness of CBC, the book demonstrates the smooth transition of CBT into CBC, and coach-coachee dialogues are interspersed throughout the text to show CBC in action. Cognitive

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Behavioural Coaching: Distinctive Features will be particularly useful to CBT therapists interested in adding coaching to their practice. It will also appeal to coaches in practice and in training and other professionals in coaching roles

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seeking an effective and
straightforward coaching model.

A Flexible and Pluralistic
Approach

A Practical Guide to Rational
Emotive Behavioural Coaching

A Strength-Based CBT Approach

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A Manual for Evidence-Based
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Clinical Hypnosis
Positive Psychology Coaching in
Practice
A Guide for Practitioners
The widespread popularity of

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coaching in support of workplace performance, leadership development and employee engagement was heavily underscored by the findings of a CIPD(Chartered Institute of Personnel and Development)

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survey carried out in 2009 which revealed that 90 per cent of organisations surveyed use coaching techniques.

In Resilience as a Framework for Coaching: A Cognitive Behavioural Perspective, Michael Neenan

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presents an in-depth understanding of resilience and shows how coaches can help their clients to develop and enhance their own resilience. By focusing on the beliefs, emotions and behaviours that promote or hinder the development of resilience,

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Neenan provides coaches with plenty of discussion points for inclusion in their sessions. The book, written in an engaging and accessible style, includes a chapter showing the unfolding of a five-session course of resilience coaching with lengthy

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dialogue excerpts between the coach and the client, accompanied by a commentary on the coach's interventions. Throughout the book there are plenty of case studies and examples of resilience in action. The book ends with a recap on resilience

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pinpointing some of the key features of a resilient mindset. Written by an established expert in the field of resilience and cognitive behavioural coaching, Resilience as a Framework for Coaching represents an essential resource for those wishing to train in

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this discipline. The book will appeal to coaches, coaching psychologists, psychotherapists and clinical, health and counselling psychologists with an interest in coaching, human resource professionals, counsellors and trainees in these disciplines.

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In his clear and concise style, Windy Dryden outlines the steps and strategies that coaches using Rational Emotive Behavioural Coaching (REBC) should employ as a guide when working with coachees in development-focused REBC and

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in problem-focused REBC (addressing both practical and emotional problems). A Practical Guide to Rational Emotive Behavioural Coaching shows how REB coaches can address the inevitable obstacles to coaching

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**progress that are likely to occur in
all types of REBC and outlines the
most common steps for each type of
coaching, including common
strategies for the implementation of
each step. The book also includes a
unique survey, developed by the**

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author, designed to help coachees in development-focused REBC assess and evaluate healthy principles of living. The book will be an essential resource for coaches in practice and training, for professionals working in human resources and learning and

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development, and for executives in a coaching role.

The Handbook of Coaching Psychology: A Guide for Practitioners provides a clear and extensive guide to the theory, research and practice of coaching

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psychology. In this new and expanded edition, an international selection of leading coaching psychologists and coaches outlines recent developments from a broad spectrum of areas. Part One examines perspectives and research

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in coaching psychology, looking at both the past and the present as well as assessing future directions. Part Two presents a range of approaches to coaching psychology, including behavioural and cognitive behavioural, humanistic, existential,

Download Ebook Cognitive Behavioural Coaching In Practice An Evidence Based being-focused, constructive and systemic approaches. Part Three Approach Essential Coaching Skills And Knowledge covers application, context and sustainability, focusing on themes including individual transitions in life and work, and complexity and system-level interventions. Finally,

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Part Four explores a range of topics within the professional and ethical practice of coaching psychology. The book also includes several appendices outlining the key professional bodies, publications, research centres and societies in

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**coaching psychology, making this an
indispensable resource. Unique in its
scope, this key text will be essential
reading for coaching psychologists
and coaches, academics and students
of coaching psychology, coaching
and mentoring and business**

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psychology. It will be an important text for anyone seeking to understand the psychology underpinning their coaching practice, including human resource, learning and development and management professionals, and

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executives in a coaching role.

**Beat Low Self-Esteem With CBT
A Beginner's Guide**

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Resilience as a Framework for
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*Solution Focused Coaching in
Practice is a practical 'how-to'
guide that provides an invaluable*

Download Ebook Cognitive Behavioural Coaching In Practice An Evidence Based overview of Solution Focused Coaching skills and techniques. Reflecting upon published research on the solution focused approach, Bill O'Connell, Stephen Palmer and Helen Williams bring their own experiences of Solution Focused Coaching together with

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others in the field to cover topics such as: the coach-coachee relationship the role of technology in coaching inclusive coaching group and team coaching practical issues and skills. Incorporating coachee case studies, worksheets, practice tips

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and discussion points, the skills, strategies and techniques in this book are straightforward to apply and can be used in most coaching settings. This practical book is essential reading for experienced personal or executive coaches, managers considering introducing

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a new and better coaching culture for their staff, and for those just starting out on their coaching journey.

The way we think profoundly influences the way we feel and behave. Therefore, it can be said that learning to think differently

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can enable us to feel and act differently. Derived from the methods of cognitive behaviour therapy, Cognitive Behavioural Coaching: A Guide to Problem Solving and Personal Development shows you how to help yourself by tackling self- and

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*goal-defeating thinking and replacing it with an effective problem-solving outlook. This book gives clear and helpful advice on: Dealing with troublesome emotions
Overcoming procrastination
Becoming assertive Tackling poor*

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time management Developing persistence Developing resilience Handling criticism constructively Taking risks and making better decisions Originally titled Life Coaching: A Cognitive Behavioural Approach, the third edition of this book has been

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considerably revised and updated to reflect current thinking on some of the topics discussed. This book will be invaluable to all those who are interested in becoming more personally effective in their everyday lives, and to counsellors, coaches and

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psychologists, students and qualified alike.

This accessible introduction to cognitive-emotive-behavioural coaching (CEBC) emphasises the role emotions play in coaching and explores how coaches can acknowledge them in their work,

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as well as demonstrating how CEBC can be enriched with a flexible and pluralistic approach. Windy Dryden explores both the range of issues that CEBC can deal with, including practical problems, emotional difficulties and self-development, and

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outlines the frameworks that coaches need in order to work in each type of CEBC. The book also includes a discussion of the central role of the coaching alliance and is illustrated with three case studies. Written in Dryden's characteristically clear

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and straightforward style, this book will be essential reading for coaches of all backgrounds, including those in training, coaching psychologists and coach supervisors.

Some individuals emerge from grim experiences stronger in

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mind and spirit than others who suffered the same ordeal. In this updated and revised edition, Michael Neenan focuses on the meanings we attach to life's adversities in order to understand how we respond to them. This is why different people can react to

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the same adverse event in a variety of ways such as fighting back or crumbling. Different meanings of what constitutes resilience are also discussed and the author takes issue with the simplistic view of it as bouncing back from adversity which

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suggests the absence of struggle and emotional pain as well as underestimating how long the process of self-righting can sometimes take. Developing Resilience shows how people can find constructive ways of dealing with hard times by using the

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ideas and techniques of cognitive behavioural therapy as well as drawing on the viewpoints and experiences of other writers presented here. This book provides useful guidance and advice on topics including:

- *managing negative emotions in*

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difficult times • using an assets and liabilities model to understand resilient behaviour • distinguishing between what's within and outside of your control • identifying and changing attitudes that undermine resilience building • developing

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self-belief • increasing your level of frustration tolerance • maintaining a resilient outlook. This book will be essential reading for anyone interested in learning more about resilience as well as for mental health professionals, coaches and

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therapists looking for guidance in helping their clients to cope better with adversity.

From Trapped to Liberated Self

The Industry Guide

Cognitive Behavioral Therapy with Children

A Cognitive Behavioural

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Individual and Group Treatment
Protocols for Positive Cognitive
Behavioral Therapy

This straightforward guide
introduces the newcomer to the

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core theoretical principles and therapeutic strategies of Rational Emotive Behaviour Therapy (REBT). Starting with the ABC model of emotion popularized by Albert Ellis from the outset when he developed his approach to

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CBT, the guide then shows how REBT distinguishes between unhealthy and healthy negative emotions. From there it outlines the four irrational attitudes theorized to be at the core of emotional and behavioural

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disturbance. Finally, the newcomer to REBT will develop an appreciation for how REBT inoculates clients against future problems and teaches them to maintain and extend their treatment gains. This

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Newcomer's Guide will be a useful contribution to counsellors and psychotherapists in training, either in Rational Emotive Behaviour Therapy or another cognitive-behavioural approach. Windy Dryden's pluralistic

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approach to coaching informs this uniquely straightforward guide to the coaching alliance. Drawing on examples from Dryden's own practice, the book explores the four specific domains of the alliance: bonds,

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views, objectives/goals, and tasks. Dryden explains how these domains are inter-related, and how all four have an impact on the collaborative, negotiated relationship between coach and coachee. The Coaching Alliance

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is a clearly written, accessible guide, with one chapter dedicated to each of the four domains. It examines each domain at different stages in the coaching process and includes key points and questions for

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coaches to consider in sessions with clients. By taking an alliance perspective on coaching, the coach is encouraged to think clearly and constructively about building a working relationship with their coachee, clarifying

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views, setting goals and completing tasks. Including a wealth of practical information, this concise book will be essential for anyone working with clients in a coaching capacity. It is vital that coaches have the

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ability to recognise mental health problems in their clients, enabling them to make an informed decision about whether coaching is appropriate. A Guide to Coaching and Mental Health provides an indispensable

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introduction to the assessment of psychological issues in the context of coaching. Divided into three sections, the book covers all the legal, ethical and practical considerations. Section one, Working on the Boundary, starts

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by exploring the distinction between normal and abnormal behaviour. In section two, What's Being Said, the authors introduce fictional case studies, which cover a range of possible mental health issues from mild

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depression and anxiety, through to psychoses and potentially life threatening problems. Section three, Categories of Mental Illness, guides the reader through the definition and management of the more

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common mental health problems. This accessible and jargon-free guide to identifying mental illness will prove invaluable for coaches and other related professionals, whatever their level of experience.

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The widespread popularity of coaching in support of workplace performance, leadership development and employee engagement was heavily underscored by the findings of a CIPD (Chartered Institute of

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survey carried out in 2009 which revealed that 90 per cent of organisations surveyed use coaching techniques. Cognitive Behavioural Coaching (CBC) takes coaching a stage further. It

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recognises that how people think affects how they feel which, in turn, influences the decisions and actions they take. Through a systematic process of questioning, CBC challenges an individual's limiting beliefs and

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behaviours and helps them to see and act differently. The Cognitive Behavioural Coaching Pocketbook uses a simple 5-step model to explain in clear, practical terms how coaches, L&D staff and managers can use

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CBC for the benefit of both the individual and the organisation. Enhancing coaching practice with neuroscience, psychology and mindfulness

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Coaching for Rational Living

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Coaching, Excellence in Coaching Approach Essential Coaching Skills And Knowledge presents cutting-edge thinking in the field of workplace coaching. This comprehensive industry guide enables coaches to achieve personal excellence in a rapidly evolving profession through a

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collection of best-practice material covering: setting up and running your coaching practice; transpersonal coaching; behavioural coaching (the GROW model); integrative coaching; solution-focused coaching; intercultural

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coaching; cognitive behavioural coaching; coaching and stress; NLP coaching and coaching ethics. This latest edition has been updated to reflect recent evolvments in the industry and includes brand new chapters on accreditation,

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evaluating coaching, appreciative inquiry and making the most of a coaching investment.

The way we think profoundly influences the way we feel, so learning to think differently can enable us to feel and act differently.

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The first edition of Life Coaching successfully showed how to tackle self-defeating thinking and replace it with a problem-solving outlook, providing clear and helpful advice on: Dealing with troublesome emotions Overcoming

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procrastination
Becoming assertive
Tackling poor time management
Persisting at problem solving
Handling criticism constructively
Taking risks and making better decisions. The new edition retains the key features, while offering a

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brand new chapter on the emerging topic of resilience as well updates throughout. It will continue to be invaluable to all those who are interested in becoming more personally effective in their everyday lives, and also to counsellors in

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practice and training. Positive Psychology Coaching in Practice provides a comprehensive overview of positive psychology coaching, bringing together the best of science and practice, highlighting current research, and emphasising

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the applicability of each element to coaching. With an international range of contributors, this book is a unique resource for those seeking to integrate positive psychology into their evidence-based coaching practice. Beginning with an overview

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of positive psychology coaching, the book includes an assessment of theories of wellbeing, an examination of mindfulness research, a guide to relevant neuroscience, and a review of a strengths-based approach. It also

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contains chapters which explore the application of ACT, the role of positive psychology in wellness and resilience coaching, positive leadership theory, and developmental psychological theories as they relate to coaching

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through significant life transitions. In each chapter, theory and research is thoroughly explored and applied directly to coaching practice, and supported with a list of relevant resources and a case study. The book concludes with the editors'

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views on the future directions of positive psychology coaching. Positive Psychology Coaching in Practice will be essential reading for professional coaches in practice and in training seeking to enhance their evidence-based practice, coaching

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psychologists, practitioners of positive psychology, and academics and students of coaching, coaching psychology and positive psychology. Cognitive Behavioural Therapy (CBT) delivers powerful tools that can help you dramatically improve

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your life. This is the most useful and practical guide to CBT available.

Written by highly regarded Clinical Psychologist Dr Stephen Briers, it clearly explains how CBT works, giving you plenty of exercises to help put the theory into practice and

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illustrate the effectiveness through stories from people who have used CBT to turn their lives around. Clear, concise and highly readable. Brilliant Outcomes: - Understand what CBT is, its methods and models - Put CBT to work to improve your mind

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and your life - Build practical, step-by-step strategies for tackling any problem

Very Brief Cognitive Behavioural Coaching (VBCBC)

The Recognition and Management of Psychological Issues

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A cognitive behavioural approach
How Cognitive Behavioural Therapy
Can Transform Your Life
This eminently useful guide
presents an up-to-date framework

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for Rational-Emotive Cognitive-Behavioral Coaching (RE-CBC), from basic concepts, techniques, and applications to evidence of how and why this versatile method works. It details how RE-CBC synthesizes the rational thinking,

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cognitive disputing, and semantic training traditions of RE and CB therapies into coaching strategies for solving problems or furthering personal development. The book's sections on process and techniques demonstrate the

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flexibility of the method as used in a variety of settings toward a gamut of purposes, illustrating Albert Ellis' central goal of long-term happiness through rational living. And specialized chapters offer applications of RE-CBC to

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familiar coaching domains (life, health, family, motivation) as well as to the complex worlds of business and organizations. Included in the coverage: · Coaching for rational living: rational-emotive, cognitive-

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- behavioral perspectives.
- Psychological blockers to successful coaching outcomes.
- Enhancing positive psychology coaching practice.
- Assessment, case formulation, and intervention models.
- A step-based framework

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performance. Coaching for Rational Living is a robust practice-building resource for coaches, psychologists, counselors, and health professionals, particularly mental health practitioners who use rational-emotive and cognitive-

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behavioral therapy and coaching. This concise and accessible book introduces the 30 Distinctive Features of Rational Emotive Behavioural Coaching, also known as REBC, an approach which applies the principles of REBT to

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coaching. Divided between 10 theoretical and 20 practical features, the book covers a range of topics, including meaning and values, development, the working alliance, dealing with obstacles and common coachee problems.

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The book sets out two different approaches: development-focused REBC, which concentrates on the coachee's areas of development, and problem-focused REBC, which concentrates on the coachee's practical and emotional problems

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of living. Within the latter category, the book also distinguishes between practical problem-focused REBC and emotional problem-focused REBC. Rational Emotive Behavioural Coaching: Distinctive Features will

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be an essential reference for anyone seeking to understand the key features of this unique approach to coaching. This is the first practice-oriented book to provide professionals with a clear and practical guide in

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delivering strength-based recovery-oriented CBT intervention.

Essentially, strength-based CBT moves away from a deficit and rehabilitation model and offers a person with mental illness a sense of renewed hope and meaning of

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life. With plenty of case illustrations, the book integrates the recovery model and cognitive-behaviour approaches and provides readers with a theoretical understanding of the recovery process and how various cognitive-

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behaviour strategies can be skilfully applied to different stages of the recovery process. It is written for professionals such as psychiatrists, psychologists, social workers, occupational therapists and nurses in the mental health

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fields. Step-by-step illustrations of the use of the various cognitive behavioural strategies and worksheets are provided throughout the book. This best-selling, eminently practical, evidence-based guide to

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the cognitive behavioural approach to counselling has now been substantially revised and updated to reflect current theoretical and practical developments in the CBT field. The second edition contains an

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expanded step-by-step guide to the process of counselling, from initial contact with the client to termination. The guide follows a skills-based format and new case studies illustrate the theory into practice. Drawing on their own

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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

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guides, a strong emphasis on the therapeutic alliance, and updated bibliographic references throughout.

A Guide for the Community Practitioner

Cognitive Behavioural Coaching

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Cognitive Behavioural Coaching in Practice explores various aspects of coaching from within a cognitive behavioural framework. Michael Neenan and Stephen Palmer bring

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***together experts in the field
to discuss topics including:
procrastination stress
performance self-esteem
perfectionism goal
selection socratic
questioning. This highly***

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practical book is illustrated throughout with lengthy coach-coachee dialogues that include a commentary of the aims of the coach during the session. It will be essential reading for

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both trainees and professional coaches whether or not they have a background in psychology. It will also be useful for therapists, counsellors and psychologists who want to

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use coaching in their everyday practice.

Cognitive Behavioural Coaching (CBC) takes the highly effective techniques and principles of CBT off the therapists couch and in

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to the work place and the home. Whether you're already a coach, interested in becoming one or new to the subject; this friendly guide covers the origins and principles of Cognitive

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Behavioural Coaching and walks you step-by-step through the coaching process. The book explains how to use the tools and techniques of CBC to challenge negative

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thinking, make positive changes, achieve goals and improve effectiveness in your personal and professional life. Coverage includes: The principles and the basics of CBC The

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***Attributes of the CB Coach
and the CBC Process The
CBC toolkit for Work and
Life Exploring Potential and
working with Relationships
Managing Career
Transitions and***

Download Ebook Cognitive Behavioural Coaching In Practice An Evidence Based *maintaining Peak Performance About the author Helen Whitten is an experienced and accredited coach, facilitator, mediator and writer. She is the Founder and Managing*

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***Director of Positiveworks
London, a consultancy
company providing
coaching and development
programmes to people in
the public and private
sector throughout the***

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A TOOLKIT FOR IMPROVING YOUR SELF ESTEEM WITH CBT

Healthy self esteem does not mean thinking you are the best at everything - it

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means being comfortable with yourself even when you are not. It is accepting yourself, with all your strengths and weaknesses, while still taking opportunities for self-

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development. Having healthy self esteem means you are well equipped to cope with the challenges life throws at you and perform to your full potential. Beat Low Self-

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Esteem with CBT will provide you with the skills you need to overcome a lack of self-esteem, making it easier for you to deal with tough times and leaving you a happier and more

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confident person. A complete program for changing your idea of yourself, it works on every aspect of your self-confidence, providing exercises to accompany

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each stage and short-term 'personal assignments' that will give you long-term benefits and lasting results. ABOUT THE SERIES People have been learning with Teach Yourself since 1938.

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to do. Join more than 60 million people who have reached their goals with Teach Yourself, and never stop learning. The Coach's Mind Manual combines the latest

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findings from neuroscience, psychology, and mindfulness research to provide an accessible framework to help coaches and leadership development specialists improve their

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awareness of the mind, enhancing their coaching practice. Syed Azmatullah explains how such knowledge can be used to guide clients on a journey of self-discovery,

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facilitating transformational changes and enriching their performance and personal lives. Part One considers the mind's management committee, the cerebral

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cortex, and how its contrasting functions can be accessed to improve problem solving skills. Part Two considers the mind's middle management, the limbic system, balancing

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executive direction with our social and emotional needs, driving motivation around core values. Part Three examines how the environment, via the body, influences our mental

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infrastructure at various stages in life, guiding the selection of interventions. Part Four looks at interpersonal dynamics and how to maximise team performance. Part Five

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considers the power of collaboration for generating the culture needed to improve the sustainability of our global community. Each section contains self-reflection

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exercises and experiential role-play to help clients derive benefit from their new personal insights. Coaches are encouraged to combine the broad range of concepts presented with

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their own experience, creating a contextually-driven coaching process. By focusing on the mind as the target for coaching interventions Azmatullah establishes a

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comprehensive framework for achieving transformational change. The Coach's Mind Manual is ideal for all professionals engaged in adult development including

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executive coaches, business coaches, human resource development professionals, leadership development professionals, management consultants and organisational development

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professionals.

The Coach's Mind Manual

Cognitive Behavioural

Counselling in Action

A Guide to Problem Solving

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Putting People First

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This fully updated second edition of Cognitive Behavioural Coaching in Practice explores various aspects of coaching from within a cognitive behavioural framework. In response to the continued growth in the popularity and scope of coaching and cognitive

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behavioural therapy, Michael Neenan and Stephen Palmer again bring together experts in the field to discuss topics including procrastination, stress, coaching alliance, motivational interviewing, goal selection and self-esteem. The book is illustrated

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throughout with coach–coachee dialogues that include a commentary of the aims of the coach during the session. This second edition is fully updated and includes three new chapters on single-session coaching, health and wellbeing coaching and

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coaching supervision. Part of the Essential Coaching Skills and Knowledge series, this comprehensive volume will be essential reading for coaches, as well as therapists, counsellors and psychologists. This collection featuring chapters by

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leading international practitioners will offer an introduction to coaching psychology for those new to it, including students, trainees, psychologists, and coaches. Introduction to Coaching Psychology covers key topics, including the

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background and development of coaching psychology, the coach-coachee relationship, coaching psychology approaches and models, and themes such as assessment, contracting, and the setup in coaching psychology practice. Applications in

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coaching psychology are considered, including a look at particular coaching psychology specialisms and interventions, as well as discussions about working in organisations, working with young people, and life and personal coaching. Professional

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practice issues, such as boundaries and best practice, and coaching and diversity, are also explored.

Furthermore, a review of coaching psychology research is presented. The book also offers a rich collection of case studies to illustrate the practice of

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coaching psychology in a real-world setting and concludes with a consideration of the future of the field. This timely and accessible book will be essential reading for anyone new to the field, as well as coaches, psychologists, and counsellors

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interested in the theory, research, and practice of coaching psychology.

Cognitive Behavioural Therapy has already helped millions of people overcome their issues and move their life forward – now it can really help you too. In this busy, demanding and

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often stressful modern world, it's a struggle to find time to even think about what your dreams and goals might be, let alone work towards actually realising them. It's so easy to get stuck in a routine, to opt for the easy answers, to feel a lack of

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inspiration and motivation and then wind up feeling anxious and depressed. Far from being an exciting or invigorating prospect, the mere idea of changing anything about your life soon seems hard work, scary and something to be avoided. But your life

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really can be better than it is now - you just need to learn how to really believe it can. Cognitive Behavioural Therapy, or CBT, can lend a hand. It will help you change the way you think and feel about yourself, about others and about the world around. As you begin to feel

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more positive, more motivated and more confident you'll soon begin to realise that your future is fully in your control. The scientifically-proven techniques of CBT are a powerful force to harness. Written by a leading psychologist, Change Your Life with

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CBT will deliver these tried and tested tools in an accessible package full of exercises, examples and practical advice and guidance . So if you're feeling that your life has got stuck in first gear, or even stuck in reverse, and if you believe that the main thing

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holding you back is probably yourself, Change Your Life with CBT can help you overcome your barriers and start to achieve your goals at home, at work and throughout your whole life.

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The Coaching Relationship
A Guide to Coaching and Mental
Health
An Evidence Based Approach
How to improve your confidence, self
esteem and motivation

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Can Cognitive behavioural therapy revolutionise your practice? Cognitive Behavioural Therapy is an effective and frequently used psychological treatment. Cognitive Behavioural Therapy for Mental Health Workers offers the reader a good overview of CBT, allowing them to develop an

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understanding of the patient's problems, utilise the approach effectively, prepare for supervision, and integrate CBT skills into everyday practice. This clear, comprehensive introduction written by experienced clinicians, describes how to use CBT within the busy clinical environment.

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Subjects covered include: the therapeutic relationship in CBT treating anxiety disorders and depression developing further CBT skills utilising CBT in different mental health settings recent developments in practice. This straightforward guide will be essential for all mental health

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workers who are new to CBT, including nurses, occupational therapists, and counsellors as well as anyone training in mental health professions.

The Coaching Relationship discusses how we can integrate process perspectives such as the quality of the coach-coachee relationship, and

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professional perspectives including the influences of training and supervision, for more effective outcomes. Stephen Palmer and Almuth McDowall bring together experts from the field of coaching to discuss different aspects of the coach-coachee relationship, topics covered include: the interpersonal

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perspective the role of assessment ethical issues cultural influences issues of power. The book also includes a chapter on the interpersonal relationship in the training and supervision of coaches to provide a complete overview of how the coaching relationship can contribute to successful

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coaching Illustrated throughout with case studies and client dialogue, The Coaching Relationship is essential reading for practicing coaches and coaching psychologists wishing to learn more about the interpersonal aspects of coaching.

Windy Dryden's pluralistic approach to

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coaching informs this uniquely straightforward guide to the coaching alliance. Drawing on examples from Dryden's own practice, the book explores the four specific domains of the alliance: bonds, views, objectives/goals, and tasks. Dryden explains how these domains are inter-related, and how all

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four have an impact on the collaborative, negotiated relationship between coach and coachee. The Coaching Alliance is a clearly written, accessible guide, with one chapter dedicated to each of the four domains. It examines each domain at different stages in the coaching process and

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includes key points and questions for coaches to consider in sessions with clients. By taking an alliance perspective on coaching, the coach is encouraged to think clearly and constructively about building a working relationship with their coachee, clarifying views, setting goals and

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completing tasks. Including a wealth of practical information, this concise book will be essential for anyone working with clients in a coaching capacity. Step-by-step guidance for carrying out positive CBT Learn about the evidence-base for positive CBT Teach clients what works for them with the treatment

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protocols Download client workbooks More about the book Positive CBT integrates positive psychology and solution-focused brief therapy within a cognitive-behavioral framework. It focuses not on reducing what is wrong, but on building what is right. This fourth wave of CBT, developed by

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Fredrike Bannink, is now being applied worldwide for various psychological disorders. After an introductory chapter exploring the three approaches incorporated in positive CBT, the research into the individual treatment protocol for use with clients with depression by Nicole Geschwind and

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her colleagues at Maastricht University is presented. The two 8-session treatment protocols provide practitioners with a step-by-step guide on how to apply positive CBT with individual clients and groups. This approach goes beyond simply symptom reduction and instead focuses on the

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client's desired future, on finding exceptions to problems and identifying competencies. Topics such as self-compassion, optimism, gratitude, and behavior maintenance are explored. In addition to the protocols, two workbooks for clients are available online for download by practitioners.

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Praise for the book "Positive CBT changes what we focus on and how we work in helping people change." Prof. Paul Gilbert, University of Derby, UK
"Positive CBT offers a different approach not only for our clients but also for ourselves, therapists, as an antidote against burnout and general

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negativity.” Prof. Filip Raes, Professor of Psychology at KU Leuven, Belgium

“People should more often focus on everything in their life that is going well, and that is exactly what this therapy is aimed at. I've noticed that when you focus on the things that are going well, the things that are not going well

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automatically get smaller." Client in positive CBT "Now I am really building the life that I want." Client in positive CBT

Cognitive Behavioural Coaching - Combining Cbt with Emotional Intelligence for Evidence-Based Practice

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A Cognitive-Behavioural Approach
Life Coaching

Cognitive-Emotive-Behavioural
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Theory and Guidelines for Practice
Cognitive and Behavioural Approaches

***This new edition of Cognitive
Behavioral Therapy with Children***

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links together the methods of cognitive behavioral therapy (CBT) practiced in academic centers as well as the community. This book addresses the challenges community practitioners face when pressured to use CBT with youth

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**who live with mental health
disorders, but whose
circumstances differ from those
in research settings.**

**Practitioners will learn how to
overcome therapeutic obstacles.
This new edition contains an
expanded discussion on cultural**

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considerations relevant to assessment and treatment, as well as a new chapter on training others in CBT for children. In Very Brief Cognitive Behavioural Coaching Windy Dryden presents VBCBC: a unique approach to coaching

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from a cognitive behavioural perspective which takes place over the course of one to three sessions. The approach is designed to help coachees identify at least one major objective, discuss and select ways to achieve it and, if necessary,

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***deal with obstacles that they
experience in pursuing it. The
book presents the basic
assumptions of the Very Brief
Cognitive Behavioural Coaching
(VBCBC) approach, how it can be
understood from the perspective
of working alliance theory and***

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recommendations concerning when it can be used and when not. Dryden begins by defining coaching and explaining the aims of VBCBC, before examining the input factors which can increase its effectiveness and concluding with a seven-stage process view.

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The book also includes a transcript of a real VBCBC session, with commentary.

Written clearly and accessibly, this will be essential reading for coaches of all backgrounds interested in brief approaches, including those in training,

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coaching psychologists and coach supervisors.

Are you a career counsellor or coach in need of a new skills set to help meet the challenges of supporting clients? This book is for you. It is the first to combine the theory & practice of CBT with

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career counselling, presenting cognitive & behavioural approaches to help clients think & act more effectively in challenging situations in order to obtain their goals. Providing clear, practical strategies & a wealth of materials that can be

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**used with clients in one-to-one or
group settings, the book
introduces: - theory of cognitive
& behavioural psychological
approaches within the context of
career counselling - motivational
techniques to help clients
succeed at interview - how to help**

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***clients make effective
vocational/educational choices &
excel in the workplace -***

***professional issues i.e.,
assessment tools, ethical issues,
evaluation - self-management,
using CBT techniques on
yourself. This is essential reading***

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for trainees studying for a careers guidance qualification, as well as CBT trainees wishing to go on to career counselling. Steve Sheward is a Careers Counsellor & CBT Therapist working in the NHS. He was previously director of the Connexions Service in

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**South London. Rhena Branch is
an experienced CBT Therapist &
author, teaching the MSc in
RECBT at Goldsmith's University.
Theory, Techniques and
Applications
Handbook of Coaching
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