



# Metacognitive Therapy

The CBT Distinctive Features Series  
Series editor: Windy Dryden

**Peter Fisher  
and Adrian Wells**

# Metacognitive Therapy Distinctive Features Cbt Distinctive Features

**James P. McCullough, Jr., Elisabeth  
Schramm, J. Kim Penberthy**



## **Metacognitive Therapy Distinctive Features Cbt Distinctive Features:**

*Metacognitive Therapy* Peter Fisher, Adrian Wells, 2009-01-30 Metacognitive therapy is based on the principle that worry and rumination are universal processes leading to emotional disorder. These processes are linked to erroneous beliefs about thinking and unhelpful self-regulation strategies. Metacognitive Therapy Distinctive Features is an introduction to the theoretical foundations and therapeutic principles of metacognitive therapy. Divided into two sections: Theory and Practice, and using thirty key points, the authors explore how metacognitive therapy can allow people to escape from repetitive thinking patterns that often lead to prolonged psychological distress. This book is a valuable resource for both students and practitioners wishing to develop a basic understanding of metacognitive therapy and how it compares and contrasts with traditional forms of cognitive behavioural therapy.

**Metacognitive Therapy** Peter Fisher, 2018-07-08 **Metacognitive Therapy** Göran Parment, 2025-06-30 Metacognitive Therapy is an indispensable guide both for experienced and newly trained therapists who sometimes feel stuck or who are looking for a clear roadmap for conceptualizing and treating complex and comorbid problems. Drawing on the transdiagnostic approach pioneered by Wells in 2009, Göran Parment uses his extensive clinical experience to guide the reader through the core concepts in MCT, illustrating the theoretical model with clinical examples and references to the latest evidence-based research. The book points out the significant transdiagnostic possibilities across disorders and shows how MCT can be applied to a wide array of common clinical disorders and comorbidities. The case formulation and the therapeutic procedures and applications are illustrated with clinical vignettes and therapist-client dialogues. The book also discusses common doubts and questions about MCT's application as well as MCT's potential as a paradigm-shifting form of psychotherapy.

**Trial-Based Cognitive Therapy** Irismar Reis de Oliveira, 2016-05-26 Trial-Based Cognitive Therapy (TBCT) is a new model of cognitive behaviour therapy (CBT) that organizes standard cognitive and behavioural techniques in a step-by-step fashion, making CBT more easily mastered by the new therapist, more easily understood by the patients, and simpler to be implemented whilst still maintaining flexibility and CBT's recognized effectiveness. Dividing thirty key features into two parts: Theory and Practice, this concise book explores the principles of TBCT, explains the techniques developed throughout TBCT therapy to change dysfunctional cognitions, and provides a clear guide to the distinctive characteristics of TBCT. Trial-Based Cognitive Therapy will be of interest to psychiatrists, psychologists, social workers, therapists, counsellors, and other professionals working in the field of mental health, plus those wanting to learn CBT. Trial-Based Cognitive Therapy is part of the Distinctive Features series, which asks leading practitioners and theorists of the main CBT therapies to highlight the main features of their particular developing approach. The series as a whole will be essential reading for psychotherapists, counsellors, and psychologists of all orientations.

**Beck's Cognitive Therapy** Frank Wills, 2013-12-19 Beck's Cognitive Therapy Distinctive Features explores the key contributions made by Aaron T. Beck to the development of cognitive behavioural therapy. This book provides a concise account

of Beck's work against a background of his personal and professional history. The author Frank Wills considers the theory and practice of Beck's cognitive therapy by firstly examining his contribution to the understanding of psychopathology and going on to explore Beck's suggestions about the best methods of treatment. Throughout the book a commentary of how Beck's thinking differs from other approaches to CBT is provided as well as a summary of the similarities and differences between Beck's methods and other forms of treatment including psychoanalysis and humanistic therapy. Beck's Cognitive Therapy will be ideal reading for both newcomers to the field and experienced practitioners wanting a succinct guide.

*Acceptance and Commitment Therapy* Paul E. Flaxman, J.T. Blackledge, Frank W. Bond, 2010-11-16 This accessible and concise book provides an excellent guide to the key features of Acceptance and Commitment Therapy (ACT) explaining how it differs from traditional cognitive behaviour therapy.

**Dialectical Behaviour Therapy** Michaela A. Swales, Heidi L. Heard, 2016-11-01 Dialectical Behaviour Therapy (DBT) is a psychotherapeutic approach used to treat individuals with complex psychological disorders particularly chronically suicidal individuals with borderline personality disorder (BPD). The therapy articulates a series of principles that effectively guide clinicians in responding to problematic behaviours. Treated problems include, among others, attempting suicide, bingeing, purging, using illegal drugs, and behaviours that directly impede the treatment. Dialectical Behaviour Therapy Distinctive Features highlights theoretical and practical features of the treatment using extensive clinical examples to demonstrate how the theory translates into practice. This updated edition reviews recent modifications to the structure of the treatment and considers more recent research evidence for both the biosocial theory underpinning the treatment and treatment efficacy. The book provides a clear overview of a complex treatment through a unique application of strategies and a discussion of a comprehensive treatment programme that structures the therapeutic journey for the client. The book will be of interest to clinicians wanting to develop their knowledge about the treatment prior to formal training, post graduate students in mental health seeking to learn how to conceptualize complex problems, DBT trained clinicians who require a useful précis of the treatment with clinical examples, and clients about to embark upon this treatment. This book provides a clear and structured overview of a complex treatment. It is written for both practising clinicians and students wishing to learn more about DBT and how it differs from the other cognitive behaviour therapies.

**Rational Emotive Behaviour Therapy** Windy Dryden, 2008-09 Rational Emotive Behaviour Therapy (REBT) encourages the client to focus on their emotional problems in order to understand, challenge, and change the irrational beliefs that underpin these problems. REBT can help clients to strengthen conviction in their alternative rational beliefs by acting in ways that are consistent with them and thus encourage a healthier outlook. This accessible and direct guide introduces the reader to REBT while indicating how it is different from other approaches within the broad cognitive behavioural therapy spectrum. Divided into two sections, *The Distinctive Theoretical Features of REBT* and *The Distinctive Practical Features of REBT*, this book presents concise, straightforward information in 30 key points derived from the author's own experience in the field. Rational Emotive

Behaviour Therapy Distinctive Features will be invaluable to both experienced clinicians and those new to the field. It will appeal to psychotherapists and counsellors together with students and practitioners who are keen to learn how REBT can be differentiated from the other approaches to CBT.

**CBASP as a Distinctive Treatment for Persistent Depressive Disorder** James P. McCullough, Jr., Elisabeth Schramm, J. Kim Penberthy, 2014-11-27 The Cognitive Behavioural Analysis System of Psychotherapy CBASP is the only psychotherapy model developed specifically for chronic depression. In the latest addition to the successful Distinctive Features series the developer of CBASP James P McCullough Jr along with Elisabeth Schramm and J Kim Penberthy provides an accessible introduction to this approach showing how it differs from other cognitive behavioural approaches and highlighting those features both theoretical and practical that make it unique. The unparalleled problems of the chronically depressed patient are some of the most difficult that practitioners face. The disorder has usually continued for a decade or more and patients enter psychotherapy interpersonally withdrawn, detached and with little or no motivation to change. CBASP as A Distinctive Treatment for Persistent Depressive Disorder provides a new look into the phenomenological world of the patient and shows the reader why the world view of the patient is a valid perception of reality. CBASP is designed to address the problems of the patient in a step by step manner. This book explores the therapist role and shows how the CBASP model enables therapists to address the patient's depression in a zone of interpersonal safety. Patients are taught how to behave in an interpersonally facilitative manner and shown how everything they do has consequences for others including the therapist and on the social environment in which they live. CBASP as A Distinctive Treatment for Persistent Depressive Disorder will be essential reading for novice and experienced CBT therapists, counsellors and psychotherapists treating chronic depression.

**Cognitive Behavioural Couple Therapy** Michael Worrell, 2015-04-17 Cognitive Behavioural Couple Therapy CBCT is an enhanced and contextually grounded approach that provides evidence based strategies for working with couple distress as well as individual psychopathology in the context of a distressed relationship. Cognitive Behavioural Couple Therapy Distinctive Features explores this truly integrative and experiential way of working. This model has significantly widened the traditional CBT focus on cognition and behaviour to include an equal emphasis on emotion, stable individual differences and vulnerabilities as well as an awareness of the importance of the environment and the wider context for couple relationships. Comprising 30 key points and divided into two parts Theory and Practice, this concise book includes numerous clinical examples that illustrate the key features of Cognitive Behavioural Couple Therapy. It will offer essential guidance for students, practitioners experienced in individual CBT as well as practitioners of couple therapy from other theoretical orientations who require an accessible guide to the distinctive theoretical and practical features of this contemporary approach.

**Mindfulness-Based Cognitive Therapy** Rebecca Crane, 2008-08-18 Mindfulness Based Cognitive Therapy MBCT is increasingly used in therapeutic practice. It encourages clients to process experience without judgement as it arises, helping them to change their relationship with challenging

thoughts and feelings and accept that even though difficult things may happen it is possible to work with these in new ways This book provides a basis for understanding the key theoretical and practical features of MBCT Focusing on a mindfulness based cognitive therapy programme that is offered in a group context to those who are vulnerable to depressive relapses the text is divided into 30 distinctive features that characterise the approach Mindfulness Based Cognitive Therapy Distinctive Features provides a concise straightforward summary for professionals and trainees in the field Its easy to use format will appeal to both experienced practitioners and newcomers with an interest in MBCT

**A Transdiagnostic Approach to CBT Using Method of Levels Therapy** Warren Mansell, Timothy A. Carey, Sara Tai, 2012 The principles and techniques of PCT and MOL are clearly and practically described for clinicians to offer a transdiagnostic CBT that is tailor made to the goals of each client

Single-Session Integrated CBT (SSI-CBT) Windy Dryden, 2016-12-01 Until quite recently therapist training was predicated on the notion that therapy is an ongoing process Single Session Integrated CBT SSI CBT questions this In this book Windy Dryden takes long standing research on SSI therapy and transfers it to the field of CBT in a timely and conceptual application Based on his extensive work demonstrating the benefits of single session CBT to public and professional audiences Dryden has developed a single session approach for work in the therapy and coaching fields Comprising 30 key points and divided into two parts Theory and Practice this concise book covers the key features of SSI CBT It will offer essential guidance for students and practitioners experienced in CBT as well as practitioners from other theoretical orientations who require an accessible guide to the distinctive theoretical and practical features of this exciting new approach

**Compassion Focused Therapy** Paul Gilbert, 2010-04-16 Research into the beneficial effect of developing compassion has advanced enormously in the last ten years with the development of inner compassion being an important therapeutic focus and goal This book explains how Compassion Focused Therapy CFT a process of developing compassion for the self and others to increase well being and aid recovery varies from other forms of Cognitive Behaviour Therapy Comprising 30 key points this book explores the founding principles of CFT and outlines the detailed aspects of compassion in the CFT approach Divided into two parts Theory and Compassion Practice this concise book provides a clear guide to the distinctive characteristics of CFT Compassion Focused Therapy will be a valuable source for students and professionals in training as well as practising therapists who want to learn more about the distinctive features of CFT

**Handbook of Lifespan Cognitive Behavioral Therapy** Colin R. Martin, Vinood B. Patel, Victor R Preedy, 2022-12-05 Mental illness and the variety of conditions disorders and phobias associated with it impact not only the individual but also the family unit the community and society at large Handbook of Cognitive Behavioral Therapy by Disorder Case Studies and Application for Adults will better readers understanding of a variety of these conditions in adults specifically and the applicability of CBT therapy as a treatment Featuring chapters on schizophrenia bipolar disorder dysmorphia depression and anxiety the book discusses in detail the use of cognitive behavioral therapies in the treatment of these issues in adults With expert authors

from the clinical field the book has applicability for behavioral scientists psychologists cognitive and behavioral neuroscientists and anyone working to better understand and treat using cognitive behavioral therapies Summarizes cognitive behavioral therapies for a variety of conditions Contains chapter abstracts practice and procedures applications to other areas key facts dictionary of terms and summary points Covers anxiety depression posttraumatic stress disorder schizophrenia and bipolar disorder among others **The Handbook of Pluralistic Counselling and Psychotherapy** Mick Cooper, Windy Dryden, 2015-11-23 A practical resource that your students can return to again and again to guide and coordinate their pluralistic practice it provides Hands on guidance to developing pluralistic practice providing the tools skills and practice frameworks A step by step understanding of how the ideas and methods of different orientations can contribute towards a pluralistic way of working The tools and understandings needed to work with clients to achieve the most common goals The tools and understandings needed to work with clients wishing to address particular issues such as depression anxiety addiction health issues suicidal thoughts An understanding of a range of professional and practice issues relevant to pluralistic practitioners Each chapter offers definitions of key terms several case studies exercises and points for reflection further reading chapter introductions and summaries of key learning points and overviews of relevant research

Behavioral Activation Jonathan W. Kanter, Andrew M. Busch, Laura C. Rusch, 2009-05-07 Behavioral activation theory indicates that much clinically relevant human behavior is a function of positive reinforcement and that when positive reinforcement is reduced lost or chronically low depression results Behavioral activation encourages clients to obtain and nurture the skills that allow them to establish and maintain contact with diverse stable sources of positive reinforcement This creates a life of meaning value and purpose Behavioral Activation Distinctive Features clarifies the fundamental theoretical and practical features of behavioral activation integrating various techniques into a unified whole that is efficient and effective The book includes numerous case examples and transcribed segments from therapy sessions and outlines behavioral concepts using straightforward terms and examples so that all therapists can see the utility and practical value of this approach This book will provide essential guidance for students and new therapists as well as more experienced clinicians wanting to know more about what makes behavioral activation a distinct form of cognitive behavior therapy

*Cognitive Behaviour Therapies* Windy Dryden, 2012-01-20 CBT has become more established as the therapy of choice for certain conditions in recent years and consequently different voices in the CBT tradition have become prominent This book brings together these voices by offering its readers a one stop guide to the major approaches Each chapter offers an overview of a particular approach to CBT covering Historical development of the approach Theoretical underpinnings Practical Applications Case Examples Research status This book is essential reading for CBT trainees and practitioners as well as those training within the broader field of counselling and psychotherapy Windy Dryden is Professor of Psychotherapeutic Studies and Programme Co ordinator of the MSc in Rational Emotive and Cognitive Behaviour Therapy at

Goldsmiths University of London      *Treating Psychosis* Nicola P. Wright, Douglas Turkington, Owen P. Kelly, David Davies, Andrew M. Jacobs, Jennifer Hopton, 2014-07-01 *Treating Psychosis* is an evidence based treatment manual for mental health professionals working with individuals who experience psychosis a serious form of mental illness that causes delusions hallucinations and thought disorders Psychosis is usually associated with schizophrenia bipolar disorder post traumatic stress disorder and severe depression This is the first professional book to use a compassionate mindful approach to treating psychosis using acceptance and commitment therapy ACT and compassion focused therapy CFT The book provides clinicians with a pre treatment overview and treatment implementation strategies and focuses on developing a realistic action plan for treating patients with psychosis as well as maintaining wellness

*Narrative CBT* John Rhodes, 2013-09-05 The popularity of using narrative metaphor and building solutions in CBT has increased in recent years Narrative CBT part of the third wave of cognitive therapies recognises the importance of helping to build new ideas and practices in order to create change examining a person's multiple and evolving narratives and their behaviour as intrinsically meaningful In Narrative CBT John Rhodes presents the features of NCBT in thirty key points The first fifteen summarise how the theory of narrative can clarify difficulties with emotions motives and interactions and address how rebuilding confidence and trust is crucial for change to be achieved In the second half of the book case conceptualisation and the techniques of NCBT are explained and illustrated Narrative solution orientated and CBT techniques are integrated and specific NCBT approaches for trauma depression and OCD are highlighted Ideal for clinical and counselling psychologists both established and in training psychotherapists and all professionals carrying out therapy in the field of mental health this book clearly and accessibly presents the techniques and key concepts of Narrative CBT

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