



Simply Effective Group Cognitive Behaviour Therapy: A Practitioner's Guide

Michael J. Scott

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Group Cognitive Behaviour Therapy (GCBT) and guided self-help widen the availability of evidence-based treatment for common mental health disorders. This volume provides GCBT protocols for common disorders as well as session-by-session teaching materials and self-help survival manuals covering:

- Depression
- Panic Disorder and Agoraphobia
- Post-Traumatic Stress Disorder
- Social Phobia
- Obsessive Compulsive Disorder
- Generalised Anxiety Disorder

The specifics of selecting and engaging clients in GCBT are first addressed and general group therapeutic skills are detailed. Transcripts of sessions show how group processes can be utilised to enhance outcome. *Simply Effective Group Cognitive Behaviour Therapy* adds to the armamentarium of tools for low intensity intervention and complements the high intensity individual approach of the companion volume *Simply Effective Cognitive Behaviour Therapy*. It will prove essential reading for all professionals using CBT with groups.

Online resources:

The appendices of this book provide self-help manuals, questionnaires and worksheets that can be downloaded free of charge to purchasers of the print version. Please visit the website www.routledge mentalhealth.com/9780415573412 to find out more about this facility.

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