

Transcultural Cognitive Behaviour Therapy for Anxiety and Depression is a practical and accessible guide, drawing on current research in CBT and clinical practice. It aims to support therapists in taking a reflective and evidence based approach to genuinely improving access and outcomes for Black and Minority Ethnic service users. It highlights the skills that clinicians need to undertake Culturally Adapted and Culturally Sensitive CBT and provides practical ideas and case examples that will enable therapists to feel confident in adapting models of assessment and treatment across cultures. The emphasis of this book is on practical clinical techniques and approaches but it is firmly grounded in the research literature on this topic. Therapists, supervisors and service leads will find useful ideas to support and enrich transcultural working and develop their confidence when applying evidence based interventions across cultures. Transcultural Cognitive Behaviour Therapy for Anxiety and Depression will be of interest to Improving Access to Psychological Therapies (IAPT) trained cognitive behaviour therapists, clinical psychologists and cognitive behaviour therapists. The book will also appeal to those undertaking advanced or postgraduate studies in CBT.

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Transcultural cognitive behaviour therapy for anxiety and depression: A practical guide. Abington, UK: Routledge. Beck, A. T. (). Cognitive therapy and the.

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