



How to Get the Most Out of CBT: A client's guide

Windy Dryden

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How to Get the Most Out of Cognitive Behaviour Therapy (CBT): A client's guide is aimed at those who are either considering consulting a cognitive behaviour therapist or who are actually consulting such a therapist. Written by one of the world's leading CBT practitioners, it will steer you through the CBT process. The guide will help you to decide whether CBT is right for you, give you advice about how to make a therapeutic agreement with a therapist, show you how to prepare for CBT sessions and how to apply what you have learned from CBT after therapy has ended.

How to Get the Most Out of Cognitive Behaviour Therapy (CBT) is a concise and practical guide that will help you to understand the CBT process and how to make the most of your therapy, no matter which CBT approach your therapist practises, so that you continue to benefit from it once therapy has ended and can learn to be your own therapist.

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