



CBT for Psychosis: A Symptom-based Approach (The International Society for Psychological and Social Approaches to Psychosis Book Series)

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This book offers a new approach to understanding and treating psychotic symptoms using Cognitive Behavioural Therapy (CBT). *CBT for Psychosis* shows how this approach clears the way for a shift away from a biological understanding and towards a psychological understanding of psychosis.

Stressing the important connection between mental illness and mental health, further topics of discussion include:

- the assessment and formulation of psychotic symptoms
- how to treat psychotic symptoms using CBT
- CBT for specific and co-morbid conditions
- CBT of bipolar disorders.

This book brings together international experts from different aspects of this fast developing field and will be of great interest to all mental health professionals working with people suffering from psychotic symptoms.

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Editorial Review

Review

"This exceptional book contains state of the art theory, research, and therapeutics of CBT for psychosis. Clinicians and researchers interested in developing an up-to-date understanding of CBT for schizophrenia will find it indispensable." - **Aaron T. Beck, University Professor Emeritus of Psychiatry, School of Medicine, University of Pennsylvania, USA**

"This book provides an excellent overview of current developments in the field of CBT for psychosis, with innovative contributions from numerous international experts. It will be of value to both clinicians and researchers and will promote the psychological understanding and treatment of psychosis" - **Tony Morrison, Professor of Clinical Psychology, University of Manchester, UK**

"This is a very comprehensive volume that raises our awareness of the application of CBT to understand and treat psychosis in its many forms. It should be available to all who study and treat such disorders and will no doubt stimulate the reader to examine the possible benefits of this treatment of schizophrenia and other psychoses." - **Richard M. Steinbook, MD, The Journal of Nervous and Mental Disease, Volume 200, Number 9, September 2012**

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