Third Wave CBT Integration for Individuals and Teams

Comprehend, Cope and Connect

Isabel Clarke, Isabel Clarke is a Consultant clinical psychologist, with 25 years experience in the NHS, both in outpatient and inpatient, and Hazel Nicholls, Hazel Nicholls is a Consultant Clinical Psychologist, and Founder and Clinical Director of Hampshire IAPT, italk.

This book introduces a therapy that starts from the perspective of the immediate experience of the individual - ‘what it feels like to be me, now’. Developed by the authors, this new, transdiagnostic approach to mental health difficulties brings together the impact of past trauma and adversity on present coping (comprehend), and utilizes the latest in mindfulness and compassion-focused approaches to manage change (cope and connect). Already adopted in a variety of settings, including acute mental health and IAPT services, the book demonstrates the approach’s practicality and acceptability, providing an outcome-focused approach that supports those who normally do less well in IAPT services.

20% Discount Available - enter the code FLR40 at checkout*

Hb: 978-1-138-22689-0 | £84.00
Pb: 978-1-138-22690-6 | £19.99

* Offer cannot be used in conjunction with any other offer or discount and only applies to books purchased directly via our website.

To request a copy for review, please contact: bookreviews@taylorandfrancis.com

For more information visit:
www.routledge.com/9781138226890