



# Cognitive Therapy in a Nutshell (Counselling in a Nutshell)

*Michael Neenan, Windy Dryden*

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Cognitive therapy is one of the most widely used approaches within counseling and psychotherapy today. As such, there is a wealth of literature to offer the newcomer, which can sometimes be overwhelming for those seeking an initial understanding of the approach. **Cognitive Therapy in a Nutshell** solves this problem by providing the key elements of cognitive therapy theory and practice in a very concise and accessible way. This book offers clear explanations of the fundamental models used to treat clients including the information-processing model, and the three cognitive levels examined during therapy – automatic thoughts, underlying assumptions/rules, and core beliefs (schemas). The authors also provide a valuable case study of a client with social phobia to demonstrate how cognitive therapy works in action.

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