



Oxford Guide to CBT for People with Cancer (Oxford Guides to Cognitive Behavioural Therapy)

Stirling Moorey, Steven Greer

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Cognitive Behaviour Therapy (C.B.T.) has established itself as the psychological treatment of choice for many conditions. It offers a brief, convincing, common sense approach to the emotional problems faced by people with cancer, and there is considerable evidence for its effectiveness. Using a cognitive behavioural model to understand reactions to cancer, the authors present cognitive, behavioural, emotional and interpersonal interventions to help people adjust to the threat to their life and their view of themselves. Case examples illustrate how these techniques are used to reduce anxiety and depression, induce a fighting spirit, teach effective coping skills and develop open communication between patients and their partners. Now part of the Oxford Guide to Cognitive Behavioural Therapy series, this new edition has been updated in light of new clinical and research findings in the fields of psycho-oncology and cognitive behaviour therapy over the last 10 years. Mental health professionals working in oncology and health care professionals interested in psychological management will find this a useful source for psychological techniques that can be applied in a busy clinical setting.

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