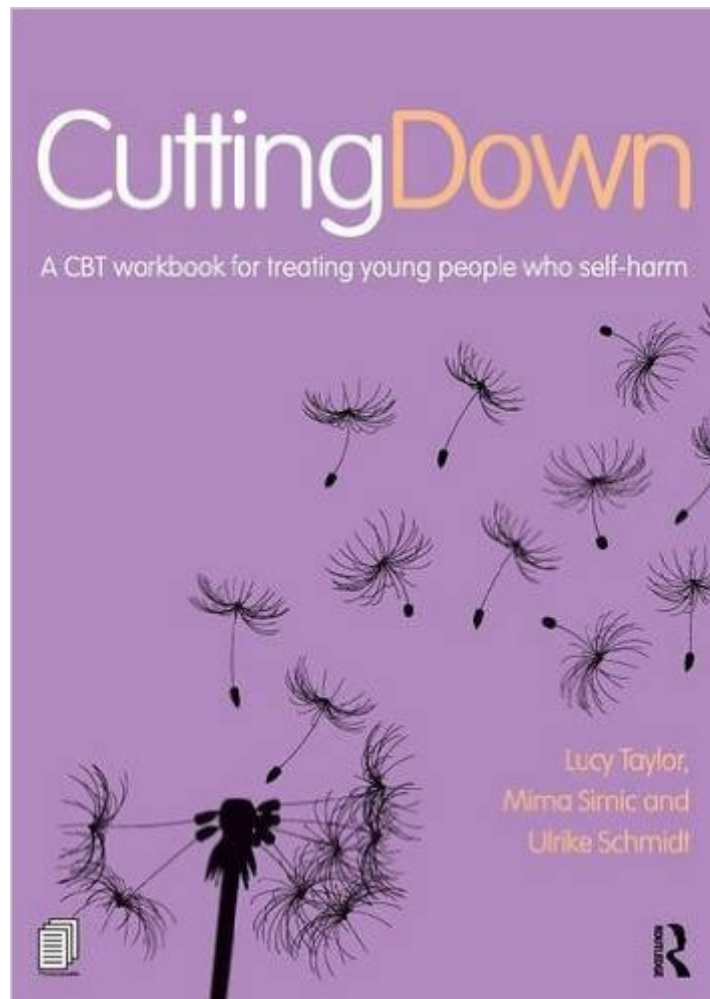


The book was found

Cutting Down: A CBT Workbook For Treating Young People Who Self-harm



Synopsis

A quarter of adolescents engage in some form of self-harm and even experienced therapists can find working with these young people difficult. Based on Cognitive Behaviour Therapy (CBT), a highly effective method for working with emotional problems, Cutting Down offers a practical and accessible programme for mental health therapists from different professional backgrounds working with young people who self-harm. The programme is comprised of four parts, each covering a specific stage of therapy, and is split into 27 short modules. Although designed to be delivered over a course of 14 sessions, the programme is presented in a way that allows the therapist to decide which combination of specific modules is chosen and how long is spent on each, based on the specific clinical needs of the person they are working with. Throughout the programme, virtual patients are used to illustrate the various exercises and strategies. Part One, What's Going On?, introduces self-harm and CBT and aims to develop insight into feelings, problems, goals and the concept of change. Part Two, Feelings, Thoughts and Behaviour, looks at working on activities, managing depression and identifying and managing negative thoughts. Part Three, Coping Strategies, introduces modules on problem solving, assertiveness, mindfulness and alternatives to self-harm. Part Four, On You Go!, finishes up the programme with a review of goals, identifying triggers and developing a 'first aid kit' and a 'tool box' of skills to reinforce the programme. Downloadable worksheets enhance the practicality of the text. Designed to support clinicians working with adolescents engaging in self-harm, this unique workbook is ideal for counsellors, counselling psychologists, clinical psychologists, CBT therapists, IAPT practitioners, CAMHS mental health workers and nurse therapists as well as students and trainees. Â Â

Book Information

Paperback: 236 pages

Publisher: Routledge; Workbook edition (March 6, 2015)

Language: English

ISBN-10: 0415624533

ISBN-13: 978-0415624534

Product Dimensions: 8.3 x 0.5 x 11.7 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #483,260 in Books (See Top 100 in Books) #57 inÂ Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy #1196 inÂ Books > Medical Books >

Customer Reviews

I am currently using this workbook with a client and getting great results. It's easy to follow and engaging enough for adolescents.

Informative

[Download to continue reading...](#)

Cutting Down: A CBT workbook for treating young people who self-harm Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) Self-Harm in Young People Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People (Gremlin and Thief CBT Workbooks) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) How To Analyze People: Mastering Analyzing and Reading People: (How To Read People, Analyze People, Psychology, People Skills, Body Language, Social Skills) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks) A Different Mirror for Young People: A History of Multicultural America (For Young People Series) Die-cutting and Tooling: A guide to the manufacture and use of cutting, embossing and foiling dies, anvils and cylinders Take-Down Archery: A Do-It-Yourself Guide to Building PVC Take-Down Bows, Take-Down Arrows, Strings and More Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Best Music for

Young Band: A Selective Guide to the Young Band/Young Wind Ensemble Repertoire

UNEXPLAINED DISAPPEARANCES & MISSING PEOPLE.: MISSING PEOPLE CASE FILES;
UNEXPLAINED DISAPPEARANCES; MISSING PEOPLE. (UNEXPLAINED DISAPPEARANCES :
MISSING PEOPLE Book 2) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior:
Self Confidence, Self Awareness, Self Control, Mental Toughness HYPNOSIS FOR WEIGHT
LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis
As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3)

[Dmca](#)