



# Cognitive Behavioural Interventions for Mental Health Practitioners (Mental Health in Practice Series)

*Alec Grant*

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In line with current government policy and related recommendations, and evidence-based clinical practice guidelines, mental health students will be increasingly required to either engage in, or be appropriately familiar with, the principles of cognitive behavioural interventions.

This book guides the reader through the fundamental principles of the approach in its various mental health application contexts, enabling them to gain the confidence to engage in the supervised, safe and evidence-based application of these principles. It will be a useful guide for mental health students who are experiencing their 'novice' exposure to practice situations during their diploma or degree course.

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