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OXFORD GUIDE TO IMAGERY IN COGNITIVE THERAPY



Oxford University Press. Paperback. Book Condition: new. BRAND NEW, Oxford Guide to Imagery in Cognitive Therapy, Ann Hackmann, James Bennett-Levy, Emily A. Holmes, Imagery is one of the new, exciting frontiers in cognitive therapy. From the outset of cognitive therapy, its founder Dr. Aaron T. Beck recognised the importance of imagery in the understanding and treatment of patient's problems. However, despite Beck's prescience, clinical research on imagery, and the integration of imagery interventions into clinical practice, developed slowly. It is...

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- Authored by Ann Hackmann, James Bennett-Levy, Emily A. Holmes
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