



Assessment and Case Formulation in Cognitive Behavioural Therapy

Alec Grant, Michael Townend, Jem Mills, Adrian Cockx

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Assessment and Case Formulation in Cognitive Behaviour Therapy is a comprehensive guide to key areas of professional knowledge and skill. The successful outcome of therapy depends on the therapist's ability to work collaboratively with clients to create rounded assessments and formulations as a solid basis for therapeutic work. Drawing directly on their own clinical work, the authors describe how assessment and formulation should evolve throughout the process. The case examples chosen include helping individuals with axis I and II problems such as psychosis, depression, borderline personality disorder, and family case formulation.

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