



A\$57.95 • NZ\$78.99 • May 2010
Paperback • 9780199590117 • 632 pp

OXFORD GUIDE TO LOW INTENSITY CBT INTERVENTIONS

Edited by:

Edited by James Bennett-Levy - University of Sydney and Southern Cross University, Australia

David Richards and Paul Farrand - University of Exeter, UK

Helen Christensen and Kathy Griffiths - The Australian National University, Australia

David Kavanagh - Queensland University of Technology, Australia

Britt Klein - Swinburne University, Australia

Mark A. Lau - University of British Columbia, Canada

Judy Proudfoot - University of New South Wales, Australia

Lee Ritterband - University of Virginia, USA

Jim White - Team leader, STEPS

Chris Williams - University of Glasgow, UK

Mental disorders such as depression and anxiety are increasingly common. Yet there are too few specialists to offer help to everyone, and negative attitudes to psychological problems and their treatment discourage people from seeking it. As a result, many people never receive help for these problems.

The Oxford Guide to Low Intensity CBT Interventions marks a turning point in the delivery of psychological treatments for people with depression and anxiety. Until recently, the only form of psychological intervention available for patients with depression and anxiety was traditional one-to-one 60 minute session therapy - usually with private practitioners for those patients who could afford it. Now Low Intensity CBT Interventions are starting to revolutionize mental health care by providing cost effective psychological therapies which can reach the vast numbers of people with depression and anxiety who did not previously have access to effective psychological treatment.

The Oxford Guide to Low Intensity CBT Interventions is the first book to provide a comprehensive guide to Low Intensity CBT interventions. It brings together researchers and clinicians from around the world who have led the way in developing evidence-based low intensity CBT treatments. It charts the plethora of new ways that evidence-based low intensity CBT can be delivered: for instance, guided self-help, groups, advice clinics, brief GP interventions, internet-based or book-based treatment and prevention programs, with supported provided by phone, email, internet, sms or face-to-face. These new treatments require new forms of service delivery, new ways of communicating, new forms of training and supervision, and the development of new workforces. They involve changing systems and routine practice, and adapting interventions to particular community contexts.

The Oxford Guide to Low Intensity CBT Interventions is a state-of-the-art handbook, providing low intensity practitioners, supervisors, managers commissioners of services and politicians with a practical, easy-to-read guide - indispensable reading for those who wish to understand and anticipate future directions in health service provision and to broaden access to cost-effective evidence-based psychological therapies.

- Low intensity CBT is a rapidly growing form of therapy, enabling people who have hitherto had no access to mental health services to benefit from evidence based treatments. This is the first book ever to address this need
- Edited and written by the people working at the frontiers of low intensity interventions
- With thousands of new therapists being trained over the coming years to deliver low intensity CBT, this will be the essential guide to this area

CONTENTS

Section 1 Low Intensity CBT Models and Conceptual Underpinnings
Section 2A: Introducing and Supporting Guided CBT
Section 2B Key Low Intensity CBT Interventions in Depression and Anxiety
Section 2C: Guided CBT Interventions using Written Materials
Section 2D: Guided CBT Interventions using the Internet
Section 2E Novel Uses of Communication Technologies: Supporting Low Intensity CBT in New Environments
Section 2F Stepping Further Outside the Box: Extending the Environments for Low Intensity CBT

Section 2G: Going Upstream: Using Low Intensity CBT Interventions to Prevent Mental Health Problems
Section 3 Training Low Intensity CBT Practitioners
Section 4A: Facilitating the Uptake of Low Intensity CBT Interventions: Changing Systems and Routine Practice
Section 4B: Facilitating the Uptake of Low Intensity CBT Interventions: Adapting Interventions to Different Community Contexts

To view the full table of contents please visit <http://www.oup.com.au/titles/academic/psychology/9780199590117>

10% discount when ordering direct from OUP with this flyer or by quoting CBTII when ordering by phone or email

OXFORD
UNIVERSITY PRESS
AUSTRALIA & NEW ZEALAND

