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Neuroscience-based Cognitive Therapy: New Methods for Assessment, Treatment and Self-Regulation

Tullio Scrimali

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Neuroscience-based Cognitive Therapy: New Methods for Assessment, Treatment and Self-Regulation
Tullio Scrimali
A pioneer of CBT explores recent advances in neuroscience, showing how they can be applied in practice to improve the effectiveness of cognitive therapy for clients with a wide range of diagnoses including mood disorders, anxiety disorders, eating disorders and schizophrenia

- Utilizes the latest advances in neuroscience to introduce tools that allow clinicians, for the first time, to directly ‘measure' the effectiveness of cognitive therapy interventions
- Rigorously based in neuroscientific research, yet designed to be readable and jargon-free for a professional market of CBT practitioners
- Covers theory, assessment, and the treatment of a wide range of specific disorders including anxiety disorders, mood disorders, eating disorders, addictions and schizophrenia
- Written by a respected pioneer in the field

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