



## Cognitive-Behaviour Therapy for People with Learning Disabilities

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Cognitive therapy is a well known and widely used means of helping depressed patients, but is only now beginning to be extended to other client groups. *Cognitive Therapy for Learning Disability* contains contributions from well known and highly experienced practitioner researchers about the theoretical and practical issues surrounding the application of cognitive therapy to this special client group. Since cognitive therapy is usually understood to consist mainly of talking and introspection, the communication difficulties, challenging behaviours and the whole question of self-regulation make CBT for learning disabled people a challenging and fascinating topic.

*Cognitive Therapy for Learning Disability* provides a wealth of practical examples for training and will be invaluable to clinical psychologists, psychiatrists and all researchers and practitioners who deal with learning disabled people in their daily lives.



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