

Contents

1	Introduction	1
2	History and Theory	9
3	Current Context	31
4	Assessment and Setting the Scene for Cognitive Behaviour Therapy	55
5	The First Stage of Therapy	85
6	Therapeutic Change	109
7	And Another Thing... Adapting Therapy for Particular Cognitive Impairments	137
8	Group Work	157

9	Mindfulness and Third Wave Therapies	181
10	Working with Others	213
11	Making a Real Difference	237
12	Final Thoughts	255
	Index	263