



# **Oxford Guide to CBT for People with Cancer (Oxford Guides to Cognitive Behavioural Therapy)**

*Stirling Moorey, Steven Greer*

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## **Oxford Guide to CBT for People with Cancer (Oxford Guides to Cognitive Behavioural Therapy)**

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Cognitive behaviour therapy (CBT) is a brief, focused and flexible approach that has much to offer in helping people cope with cancer. This book demonstrates how interventions that CBT therapists use in emotional disorders can be adapted for use in the challenging clinical environment of oncology and palliative care. Using a CBT model to understand reactions to cancer, the authors present cognitive, behavioural, emotional, and interpersonal techniques to help people adjust to the threats cancer presents to their survival and identity. Case examples illustrate how these methods are used to reduce anxiety and depression, enable a fighting spirit, teach effective coping skills, and develop open communication between patients and their partners.

Now part of the Oxford Guide to Cognitive Behavioural Therapy series, this new edition has been updated in light of new clinical and research findings in the fields of psycho-oncology and cognitive behaviour therapy over the last ten years, with guidance on using CBT for common symptoms such as insomnia, fatigue and nausea. Mental health professionals working in medical settings and health care professionals interested in psychological management will find this a useful resource for understanding and treating the distress caused by life limiting illness.

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