



Behavioural Psychotherapy in Primary Care: A Practice Manual

Tom Carnwath, David M. Miller

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Behavioural Psychotherapy in Primary Care: A Practice Manual describes techniques suitable for treating the majority of problems commonly found in this setting which are amenable to psychological treatment. The book serves as a practice manual, and discusses techniques in behavioral analysis, problem-solving, working with families, skills training, relaxation, exposure, stimulus and reinforcement control, paradoxical prescriptions, and cognitive therapies. The assessment and treatment strategies for depression; phobias and obsessive disorders; anxiety; sexual dysfunction; obesity; alcohol abuse; smoking; and insomnia are considered. The text also describes behavioral medicine; illness behavior; and treatment adherence. Psychotherapists, psychologists, psychiatrists, psychiatric nurses, social workers, health visitors and counselors will find the manual invaluable.



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