

DIFFERENTIAL EFFECTS OF MANUAL ASSISTED COGNITIVE BEHAVIOR THERAPY IN THE TREATMENT OF RECURRENT DELIBERATE SELF-HARM AND PERSONALITY DISTURBANCE: THE POPMACT STUDY

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A total of 480 patients were treated in a large, multicenter randomized trial of a brief form of cognitive therapy, manual-assisted cognitive behavior therapy (MACT) versus treatment as usual (TAU) for recurrent deliberate self-harm. Each patient was randomized after a self-harm episode assessed at an accident and emergency center and followed up over 1 year. The main hypothesis tested was that those allocated to MACT would have a lower proportion of self-harm episodes in the succeeding year. A total of 60% of those allocated to MACT had face-to-face treatment and 430 (90%) of all patients had self-harm data recorded after 1 year. Although the results showed no significant difference between those repeating self-harm in the MACT group (39%) compared with the TAU group (46%) ($P = 0.20$), the treatment was cost effective (10% cheaper than TAU) and the frequency of self-harm episodes was fewer (50%) in the MACT group. A total of nine of 10 patients had some personality disturbance (42% of these with disorder), and for those where information on parasuicide events was collected, the proportion having a repeat episode

POPMACT Group: West London Site (Imperial College School of Medicine, Royal Holloway and Bedford College & St Mary's Hospital); Peter Tyrer, Jose Catalan, Susan Thornton, Philip Tata, Andrew MacLeod, Helen Scivewright, Vanessa Jones, Catherine Manley, South London Site (Kings College & Maudsley Hospitals, London & Maidstone General Hospital, Kent); Ulrike Schmidt, Simon Wessely, Kandiah Sivakumar, Joanne Godley, Nottingham Site (The Stonebridge Research Center & Queens Medical Center); Brian Ferguson, Sylvia Cooper, Neil Holden, Edinburgh Site (Royal Edinburgh Hospital); Chris Freeman, Katherine Logan, Susan Baxter, Leanne Ramsey, Glasgow Site (Gartnavel Royal Hospital, Southern General Hospital & Shawpark Resource Center); Kate Davidson, Jan Scott, Richard Caplan, Geraldine Byrne, Joy Airie, Paula Keech, Statistics and Health Economics (MRC Biostatistics Unit, Cambridge & Center for the Economics of Mental Health, Institute of Psychiatry, London); Simon Thompson, Orla Ukoumunne, Lois Fowler, Martin Knapp, Juliet Henderson, Sarah Byford, Jennifer Greenhalgh.

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Manual Assisted Cognitive Behaviour Therapy

Alec Grant



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Handbook of Brief Cognitive Behaviour Therapy Frank W. Bond, Windy Dryden, 2005-01-14 Brief Cognitive Behaviour Therapy can be applied to the treatment of a wide range of problems in many different settings In this unique handbook Frank Bond and Windy Dryden have brought together a prominent cast of authors to discuss issues concerning the definition assessment and in particular the practice of brief Cognitive Behaviour Therapy CBT Contents include The difference between brief and regular CBT and evidence for its effectiveness How to use brief CBT in your own area of practice Applying brief CBT to emotional disorders anxiety workplace stress and more This handbook is accessible to a wide range of readers including academics practitioners psychotherapists counsellors and students training in CBT

Case Formulation in Cognitive Behaviour Therapy Nicholas Tarrier, Judith Johnson, 2006-10-16 Case formulation is the core skill of every practitioner carrying out psychological therapies at an advanced level It is essential in providing an idiosyncratic understanding of the individual client and their clinical problems In this volume Nicholas Tarrier brings together contributions that cover many of the clinical issues that will challenge practitioners in their practice of cognitive behaviour therapy Each chapter serves as a practical guide to overcoming that particular clinical challenge and is grounded solidly in research evidence Experts in each individual field discuss how case formulation aids clinical practice in their chosen area and demonstrate how detailed understanding of the clinical case leads to improved therapeutic outcome Subjects covered include a biopsychosocial and evolutionary approach to formulation with a special focus on shame case conceptualisation in complex PTSD cognitive behavioural case formulation in complex eating disorders This indispensable guide to formulating clinical cases will be welcomed by clinical psychologists psychiatrists psychiatric nurses counsellors social workers and students

Cognitive Behavioural Therapy in Mental Health Care Alec Grant, 2004-08-30 Written to meet the needs of those acquiring knowledge and skills in the area of cognitive behavioural therapy this book outlines the core principles involved in building the therapeutic alliance case formulation assessment and interventions

Oxford Guide to Surviving as a CBT Therapist Martina Mueller, Helen Kennerley, Freda McManus, David Westbrook, 2010-05-20 For the newly trained Cognitive Behavioural Therapist there are a wealth of challenges and difficulties faced as they try and apply their new found skills in the outside world These might include the stresses of working in isolation and finding it difficult to widen their scope or bounce ideas off other CBT therapists or the need for practical advice on setting up group therapy the possible conflicts between ethical practice and theory how to retain one's integrity as a therapist while maintaining a viable business practice dealing with diverse communities or becoming a supervisor The Oxford Guide to Surviving CBT Practice is the one stop resource for the newly trained therapist It offers practical guidance on a range of issues and challenges faced by the therapist Written by people with vast experience of training and practising CBT it draws on real life situations to help the reader hone and develop their skills adjust to life as a therapist and maintain a successful and satisfying career whilst helping

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