



Cognitive Behaviour Therapy for Acute Inpatient Mental Health Units: Working with Clients, Staff and the Milieu

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Cognitive Behaviour Therapy for Acute Inpatient Mental Health Units presents innovative ways of delivering CBT within the inpatient setting and applying CBT principles to inform and enhance inpatient care.

Maintaining staff morale and creating a culture of therapy in the acute inpatient unit is essential for a well-functioning institution. This book shows how this challenge can be addressed, along with introducing and evaluating an important advance in the practice of individual CBT for working with crisis, suited to inpatient work and crisis teams.

The book covers a brief cross-diagnosis adaptation of CBT, employing arousal management and mindfulness, developed and evaluated by the editors. It features ways of supporting and developing the therapeutic role of inpatient staff through consultation and reflective practice. Chapters focus on topics such as:

- providing staff training
- working within psychiatric intensive care
- innovative psychological group work.

Cognitive Behaviour Therapy for Acute Inpatient Mental Health Units will be essential reading for those trained, or those undergoing training in CBT as well as being of interest to a wider public of nurses, health care support workers, occupational therapists, medical staff and managers.

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