



Reflection in CBT

Beverly Haarhoff, Richard Thwaites

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Developing skills and competency in CBT is a complex process of which self-observation and self-reflection are an essential part. In this new book, leading figures Beverly Haarhoff and Richard Thwaites outline the rationale for a focus on self-reflective practice in CBT, before offering practical and accessible guidelines demonstrating how this can be achieved in training and practice.

Highlighting relevant research throughout and using case studies to illustrate theory in practice, ten chapters consider:

- reflection in training and in supervision and self-supervision,
- reflecting on the therapeutic relationship, on our sociocultural perceptions and biases and on client feedback
- how reflection is vital to self-care and to becoming a better therapist, supervisor and trainer.

This is an essential read for trainees in both high and low intensity CBT programmes, those on broader CBT courses, and for qualified practitioners working independently to enhance their self-reflective capacity.

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