



Against and For CBT: Towards a Constructive Dialogue

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This collection represents the first attempt to engage in print with the controversies and complexities that have exercised - sometimes painfully - the therapy and counseling world, as cognitive-behavioral therapy (CBT) has risen to such cultural prominence. Essential reading for psychotherapists, psychoanalysts and counselors of each and every approach who are concerned with understanding the phenomenon that is 'CBT and its discontents'.

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Editorial Review

Review

If, as a profession, we are going to ensure that the arrival of NICE and IAPT do not herald 'the end of the world as we know it' (Nel, Clinical Psychology Forum, 194) we need to be able to argue robustly for a plurality of therapies, and be clear to our commissioners about why CBT is not simply the best thing since sliced bread. This book can help. Jenny Doe, Clinical Psychology Forum, January 2010

About the Author

Richard House Ph.D. is Senior Lecturer in Psychotherapy and Counselling, Research Centre for Therapeutic Education, Roehampton University. His books include 'Therapy Beyond Modernity' (Karnac, 2003), co-editing 'Implausible Professions' (PCCS Books, 1997) and 'Ethically Challenged Professions' (PCCS Books, 2003). The Theory Editor of the 'European Journal for Psychotherapy and Counselling', he has helped to found the 'Independent Practitioners Network'. Professor Del Loewenthal directs Roehampton University's Research Centre for Therapeutic Education, and practises as an existential-analytic psychotherapist. His publications include 'Post-modernism for Psychotherapists' (with Robert Snell, Routledge, 2003), What is 'Psychotherapeutic Research?' (co-editor David Winter, Karnac, 2006), and 'Case Studies in Relational Research' (Palgrave Macmillan, 2007). Del is founding editor of the 'European Journal of Psychotherapy and Counselling' (Routledge).

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