



Stories and Analogies in Cognitive Behaviour Therapy

By Paul Blenkiron

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An accessible guide to employing stories and metaphors within cognitive behaviour therapy, which will aid clinicians in providing effective treatment for their clients

- Provides therapists with a range of metaphors that can be employed as a tool to enable clients to gain a new perspective on their problem, and reinforce their clients' motivation for change
- CBT (Cognitive Behaviour Therapy) continues to grow in popularity, and is strongly recommended as an effective intervention by the National Institute of Clinical Excellence
- Written in an engaging style that is accessible to both established practitioners and trainees in clinical psychology

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Editorial Review

Review

“Story telling is one of our most ancient ways of communicating. Paul Blenkiron has vividly described how stories can be used for therapeutic purposes.” (CBT Today, March 2015)

“An excellent, stimulating book. Offers all therapists an invaluable toolkit for many years to come. I recommend savouring every word.” (Royal College of Psychiatrists, 2 February 2011)

“This is a real treat and worth an investment - not only for ‘the shelf’, but also for the ‘self’” (British Association for Behavioural & Cognitive Psychotherapies, 15 December 2010)

"What makes this book such a coherent piece of work is its structured presentation of useful content paired with the well-thought-out narrative in which these ideas are communicated." (Psychologist, 1 October 2010)

“The usefulness of this book to therapeutic practice is vast.” (Therapeutic Recreation, 1 July, 2010)

From the Back Cover

Cognitive Behaviour Therapy (CBT) is a popular psychological treatment for many common mental health problems. While its effectiveness is based on solid empirical evidence, to apply CBT techniques successfully in a real world setting, clinicians must engage and inspire the individuals they are treating. Narrative is a powerful communication tool that can greatly aid in this endeavor. *Stories and Analogies in Cognitive Behaviour Therapy* teaches practical CBT by employing relevant stories, metaphors, analogies, quotations, and anecdotes. The book also demonstrates how practitioners can use the examples described with their clients and patients.

Based on the accrued wisdom of the author and many other leading CBT practitioners, *Stories and Analogies in Cognitive Behaviour Therapy* provides clinicians with a well organized, accessible guide to facilitate effective change within the therapy session.

About the Author

Paul Blenkiron is a Consultant Psychiatrist based at Bootham Park Hospital in York, UK, and is an accredited member of the British Association for Behavioural and Cognitive Psychotherapies. He is also Honorary Senior Lecturer in Psychiatry and Behavioural Sciences at Leeds University, and a CBT course facilitator at York University’s Department of Health Sciences. He has authored more than 60 original research and clinical publications in the areas of CBT, depression, self harm and chronic fatigue.

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