



# Stories and Analogies in Cognitive Behaviour Therapy

*Paul Blenkiron*

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## **Stories and Analogies in Cognitive Behaviour Therapy** Paul Blenkiron

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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