

as it explains the disorder-specific model and describes practical tools to apply trauma-focused CBT in an easy to use format. The authors are clear that the focus of the book, and the treatment trial that preceded it, are on single-incident trauma. Although there are brief sections on using the treatment with children affected by multiple traumas, clinicians working predominantly with children affected by longer-term or multiple traumatic events, such as abuse, will find less detail on working with the more wide-ranging effects of such trauma. However, even in these cases, where PTSD is part of the clinical picture, this book will provide a useful reference point for working with all traumatized children.

### Reference

**Ehlers, A. and Clark, D. M.** (2000). A cognitive model of posttraumatic stress disorder. *Behaviour Research and Therapy*, 38, 319–345.

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### **Handbook of Cognitive Behavioural Therapies (3rd edn.)**

Edited by Keith S. Dobson

New York: Guilford Press, 2010. pp. 482, £41.00 (hb). ISBN: 978-1-60623-437-2.

doi:10.1017/S1352465812000616

This is the third edition of the *Handbook of Cognitive Behavioural Therapies*. Since the first edition was published in 1988, Keith Dobson perhaps does not realise how much it has been used as a mainstay in the cognitive behavioural field in the USA. This edition has been comprehensively revised to reflect the latest findings and clinical advances that seem to have snowballed in our field the last few years.

The book is divided into four areas with 38 contributors that are well known to many of us and are often the experts in their particular field. The four areas are:

- Historical, philosophical and scientific foundations
- Assessment considerations
- The therapies
- Applications to specific populations

Part one introduces us to the history, basic principles and empirical base of CBT including outcome literature and efficacy findings for 20 different clinical disorders. All the anxiety disorders, eating disorders and psychoses are covered as well as anger and violent offending, sexual offending, marital distress, chronic pain, substance misuse disorders, somatoform disorders, personality disorders and sleep difficulties. There is also an interesting chapter on cognitive science and the conceptual foundations of CBT. The authors then go on to discuss the limitations of CBT and issues for future research, and the development of so called “third wave” therapies including the emergence of eclectic and integrationist views.

The second part casts an empirical eye over CBT assessment; not only describing the process and methods, but also examining the validity, advantages and limitations of self-report methods with particular focus on the different assessment processes for anxiety and

depression. There is also a chapter on CBT case formulation outlining the framework for providing individualized case formulation so essential to our therapy.

The third and largest section of the book examines the wide variety of therapies that have developed under the CBT umbrella. For each specific therapy the contributor has addressed:

- Which problems it is used to treat
- What assessment and intervention tools have been developed
- How the interventions are implemented
- What the research reveals about the therapy's effectiveness

The therapies covered here include: problem solving therapy, rational emotive behavioural therapy, cognitive therapy, schema therapy, and mindfulness and acceptance interventions including dialectical behaviour therapy, acceptance and commitment therapy, mindfulness based cognitive therapy and integrative behavioural couples therapy. There is an excellent outline of each therapy with case examples, efficacy, theoretical basis, treatment outlines, therapy goals and special considerations; all with extensive referencing.

The final part focuses on applications of CBT to specific groups including young people, couples and diverse populations. I was delighted to find this new section has been added to the handbook considering the ongoing dissemination of CBT to more and more areas, populations, cultures and ages around the world. I expect more and more work will be done in the coming years in this area.

Overall, the authors have taken an authoritative research based approach to their writing, providing excellent referencing on all areas. Everything is clear and presented in a well thought out format. Even though there are so many contributions from many experts world wide, there is cohesion and flow about the handbook. It is definitely not one of those therapy "cook books" where the author sets out the "ingredients" of therapy for you to follow. This book provides a much more sophisticated and intelligent empirical base from which a clinician can base their psychotherapy. This makes this book not only highly recommended for psychology, nurse or research students at graduate level and beyond, but for all therapists who want empirically based up-to-date knowledge on our ever broadening therapy.

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Thank you very much; we look forward to hearing from you soon!

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