



Against and For CBT: Towards a constructive dialogue?

Richard House and Del Loewenthal (Eds)

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This book offers both a wide range of critical perspectives on cognitive behaviour therapy (CBT) from around the world, and substantial responses to them. It represents the first attempt to engage in print with the controversies and complexities that have exercised – sometimes painfully – the therapy and counselling world, since CBT has risen to such cultural prominence as Western governments take a serious interest in the psychological therapies as instruments of public policy-making.

Against and For CBT will be essential reading for psychotherapists, psychoanalysts and counsellors of each and every approach who are concerned with understanding the phenomenon that is 'CBT and its discontents'. It will be core reading both on Increasing Access to Psychological Therapies (IAPT)/CBT and contrasting modality training courses that wish to encourage critical engagement with the meaning and cultural context of the therapeutic endeavour.

PROFESSOR ANDREW SAMUELS:

This welcome new collection ... provides us with many cogent and convincing arguments for, at the very least, questioning the epistemological underpinnings and the methodological validity of the 'evidence-based' ideology in which CBT and its supporters have become accustomed to basking. ... [T]his splendid book ... promises to open up a crucial and long-overdue dialogue, and introduce the associated 'battle for the soul' of therapy work itself.

PROFESSOR STEPHEN PALMER:

[CBT] is constantly developing, acquiring and integrating new ideas, many underpinned by research, and adapting to the requirements of the day. Unlike some approaches, it is not moribund, nor held back by dogma. Its commonsense, pragmatic approach will continue to have wide appeal, regardless of how it is viewed within the counselling and psychotherapy professions.

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