

Cambridge Guide to Cognitive Behavioural Therapy (CBT)

This book provides a concise and up-to-date guide to Cognitive Behavioural Therapy (CBT), from the history and supporting theory through to the most recent empirical evidence and practical aspects of delivery. Starting with an overview of the structure of CBT, practitioners can utilise this detailed guide to deliver therapy in clinical practice, whilst its coverage of various adaptations of CBT, such as group therapy and working with older adults, allows therapy to be tailored to different settings with different timeframes attached. The book covers all the major CBT protocols necessary to work with a wide range of common mental health conditions, and delivers a comprehensive resource for a wide range of practitioners providing practical approaches, goals and strategies to manage mental health problems using CBT.

The book is part of the Cambridge Guides to the Psychological Therapies series, offering all the latest scientifically rigorous and practical information on a range of key, evidence-based psychological interventions for clinicians.

Jessica Davies is a British Association for Behavioural & Cognitive Psychotherapies (BABCP) accredited practitioner, supervisor and trainer. She qualified as a CBT therapist in 2013 from the Institute of Psychiatry, Psychology and Neuroscience, and has since worked in NHS Talking Therapies (National Health Service Talking Therapies) (NHSTT), student services and private practice. She is currently Portfolio Co-director for the Masters in Clinical Associate in Psychology Degree Apprenticeship and CBT Lead for the Doctorate in Clinical Psychology, both at the University of Exeter. In addition, she works as a research therapist for the Accept Clinic at the Mood Disorders Centre, and is Associate Editor of the BABCP journal *Behavioural and Cognitive Psychotherapy*.

Paul Salkovskis is Professor of Clinical Psychology at the University of Oxford. From April 2018 he has been Director of the Oxford Centre for Psychological Health, the Oxford Institute for Clinical Psychology Training and Research and the Oxford Cognitive Therapy Centre, at the University of Oxford and Oxford Health NHS Foundation Trust. He is President of BABCP and Editor in Chief of the BABCP journal *Behavioural and Cognitive Psychotherapy* and Honorary Fellow of the Association.

Professor Ken Laidlaw, PhD, is a clinical psychologist with world-leading expertise in the psychology of ageing, CBT for older people and attitudes to ageing. He is Emeritus Professor in Psychology at the University of Exeter and part-time Consultant Clinical Psychologist within the Clinical Psychology service in NHS Highland in Scotland. In 2025 he was made an honorary Fellow of the BABCP in recognition of outstanding contribution to the development of CBT in the UK. Ken is widely published in peer-reviewed academic journals and is the author and co-author of a number of influential books on CBT with older people, emotional disorders in late life and clinical geropsychology. He has worked as a clinical psychologist with older people in the NHS both in England and Scotland for more than three decades and in clinical psychology training since the late 1990s, leading two different doctoral training programmes in clinical psychology. He has been responsible for developing manuals for various clinical trials and led the development of a cross-cultural Attitudes to Ageing Questionnaire (AAQ), which was trialled in no fewer than 20 countries across the world.

Cambridge Guides to the Psychological Therapies

Series Editor

Patricia Graham

Consultant Clinical Psychologist, NHS Lanarkshire, UK

The go-to resource for up-to-date, scientifically rigorous, and practical information on key, evidence-based psychological interventions.

This series of clinical handbooks provides clear and concise guides to understanding and delivering therapy, and offers clinicians a handy reference for matching a specific therapy to a particular patient. Each book follows a consistent style, with chapters on theory, technique, indications, and efficacy, so that healthcare professionals can move seamlessly between different volumes to learn about various therapies in a consistent, familiar, and trusted format. The books also provide guidance on relevant adaptations for each therapy, such as for children, adolescents, and older people, as well as different methods of delivery, such as group interventions and digital therapy.

Books available in the series

Cambridge Guide to Schema Therapy

Robert N. Brockman, Susan Simpson, Christopher Hayes, Remco van der Wijngaart, Matthew Smout

Cambridge Guide to Psychodynamic Psychotherapy

Adam Polnay, Rhiannon Pugh, Victoria Barker, David Bell, Allan Beveridge, Adam Burley, Allyson Lumsden, C. Susan Mizen, Lauren Wilson

Cambridge Guide to Mentalization-Based Therapy (MBT)

Anthony Bateman, Peter Fonagy, Chloe Campbell, Patrick Luyten, Martin Debbané

Cambridge Guide to Interpersonal Therapy (IPT)

Laura Dietz, Fiona Duffy, Patricia Graham

Cambridge Guide to Cognitive Behavioral Analysis System of Psychotherapy (CBASP)

Massimo Tarsia, Todd Favorite, James McCullough Jr

Cambridge Guide to Dialectical Behaviour Therapy (DBT)

Jim Lyng, Christine Dunkley, Janet Feigenbaum, Amy Gaglia, Michaela Swales

Cambridge Guide to Acceptance and Commitment Therapy (ACT)

Chris Graham

Cambridge University Press & Assessment

978-1-009-08835-0 — Cambridge Guide to Cognitive Behavioural Therapy (CBT)

Jessica Davies , Paul Salkovskis , Kenneth Laidlaw , Foreword by Judith S. Beck

Frontmatter

[More Information](#)

‘This guide is a must-have for any mental health professional who uses cognitive behavioural therapy in their practice. Written by internationally regarded CBT researchers, teachers and clinicians, it not only provides the reader with concisely written instruction on how to deliver CBT for a variety of mental health conditions, but also neatly links such guidance to the powerful theories and evidence that underpin the application of CBT. A wide range of disorders is included, each with multiple CBT models expertly summarised and contrasted. Other chapters consider the application of CBT to different populations and settings. Both those new to CBT and expert practitioners will find this volume an essential text that supports their practice for years to come.’

*Richard Meiser-Stedman Department of
Clinical Psychology & Psychological Therapies Norwich
Medical School University of East Anglia*

‘A thoroughly enjoyable book, written by notable thinkers and experienced psychotherapists with a long history of working with populations across different age ranges. It clearly and robustly reviews the theoretical, methodological and practical arguments that make CBT an evidence-based practice for adults, including older adults dealing with issues such as depression or anxiety. The book also offers compelling counterarguments to the widespread ageist belief that psychotherapy is ineffective with older adults. It has strong applied value, as it presents the therapeutic process in a highly practical way, with excellent examples illustrating therapy goals, techniques and structure. Across its chapters, the book covers a wide range of disorders as well as case examples of therapy applied in various contexts and populations – including children, older adults and caregivers of family members with dementia, couples, and both group and computer-based interventions. I recommend it both for students or early-career therapists and for professionals interested in strengthening their knowledge and practical resources.’

*Professor Andrés Losada Baltar Professor of
Clinical Psychology Rey Juan Carlos University Spain*

Cambridge University Press & Assessment

978-1-009-08835-0 — Cambridge Guide to Cognitive Behavioural Therapy (CBT)

Jessica Davies , Paul Salkovskis , Kenneth Laidlaw , Foreword by Judith S. Beck

Frontmatter

[More Information](#)

Cambridge Guide to Cognitive Behavioural Therapy (CBT)

Jessica Davies

University of Exeter

Paul Salkovskis

Oxford Health NHS Foundation Trust and University of Oxford

Ken Laidlaw

University of Exeter and NHS Highland



CAMBRIDGE
UNIVERSITY PRESS

Cambridge University Press & Assessment
978-1-009-08835-0 — Cambridge Guide to Cognitive Behavioural Therapy (CBT)
Jessica Davies , Paul Salkovskis , Kenneth Laidlaw , Foreword by Judith S. Beck
Frontmatter
[More Information](#)



Shaftesbury Road, Cambridge CB2 8EA, United Kingdom
One Liberty Plaza, 20th Floor, New York, NY 10006, USA
477 Williamstown Road, Port Melbourne, VIC 3207, Australia
314–321, 3rd Floor, Plot 3, Splendor Forum, Jasola District Centre,
New Delhi – 110025, India
103 Penang Road, #05–06/07, Visioncrest Commercial, Singapore 238467

Cambridge University Press is part of Cambridge University Press & Assessment,
a department of the University of Cambridge.
We share the University’s mission to contribute to society through the pursuit of
education, learning and research at the highest international levels of excellence.

www.cambridge.org
Information on this title: www.cambridge.org/9781009088350
DOI: 10.1017/9781009090940

© Cambridge University Press & Assessment 2025

This publication is in copyright. Subject to statutory exception and to the provisions
of relevant collective licensing agreements, no reproduction of any part may take
place without the written permission of Cambridge University Press & Assessment.

When citing this work, please include a reference to the DOI 10.1017/9781009090940

First published 2025

A catalogue record for this publication is available from the British Library

A Cataloging-in-Publication data record for this book is available from the Library of Congress

ISBN 978-1-009-08835-0 Paperback

Cambridge University Press & Assessment has no responsibility for the persistence
or accuracy of URLs for external or third-party internet websites referred to in this
publication and does not guarantee that any content on such websites is, or will remain,
accurate or appropriate.

.....
Every effort has been made in preparing this book to provide accurate and up-to-date information
that is in accord with accepted standards and practice at the time of publication. Although case
histories are drawn from actual cases, every effort has been made to disguise the identities of the
individuals involved. Nevertheless, the authors, editors, and publishers can make no warranties that
the information contained herein is totally free from error, not least because clinical standards are
constantly changing through research and regulation. The authors, editors, and publishers therefore
disclaim all liability for direct or consequential damages resulting from the use of material contained
in this book. Readers are strongly advised to pay careful attention to information provided by the
manufacturer of any drugs or equipment that they plan to use.

For EU product safety concerns, contact us at Calle de José Abascal, 56, 1º, 28003 Madrid,
Spain, or email eugpsr@cambridge.org

Contents

Foreword ix
Judith S. Beck
A Note from the Series Editor x
Patricia Graham

Part I An Overview of the Model

1 An Historical Overview of Cognitive Behavioural Therapy 1
2 The Supporting Theory of Cognitive Behavioural Therapy 10
3 Efficacy of CBT: A Brief Outline and Review 22

Part II Putting the Model of Cognitive Behavioural Therapy into Practice

4 What Is Cognitive Behavioural Therapy? 37
5 The Goals of Cognitive Behavioural Therapy 43
6 The Specific Techniques of Cognitive Behavioural Therapy 49
7 The Structure of Cognitive Behavioural Therapy 64
8 Psychological Assessment, Formulation and Intervention in Cognitive Behavioural Therapy 72

Part III Application and Adaptations for Mental Health Presentations

9 Adaptations of the Original Model of Cognitive Behavioural Therapy 85
10 Anxiety Disorders 93
11 Specific Phobias 98
12 Panic Disorder 104
13 Social Anxiety Disorder 120
14 Generalised Anxiety Disorder 141
15 Obsessive Compulsive or Related Disorders 170
16 Obsessive Compulsive Disorder 172
17 Body Dysmorphic Disorder 193
18 Illness Anxiety Disorder 204
19 Post-traumatic Stress Disorder 213
20 Depression 230
21 CBT for Psychosis and Complex Mental Health 244

Part IV Application of Cognitive Behavioural Therapy in Different Populations and Settings

22 Adaptations for Specific Populations 277

Cambridge University Press & Assessment
978-1-009-08835-0 — Cambridge Guide to Cognitive Behavioural Therapy (CBT)
Jessica Davies , Paul Salkovskis , Kenneth Laidlaw , Foreword by Judith S. Beck
Frontmatter
[More Information](#)

viii	Contents
23	Evidenced-Based Age-Appropriate Cognitive Behavioural Therapy with Older People 279
24	Using Cognitive Behavioural Therapy with Family Caregivers of Persons Living with Dementia 295
25	Cognitive Behavioural Therapy for Children and Young People 312
26	Adaptations for Specific Events: Immediately after a Traumatic Event 332
27	Cognitive Behavioural Therapy in Primary Care 338
28	Group Cognitive Behavioural Therapy 344
29	Conjoint Format: Couple’s Therapy 353
30	Internet and Telephone Delivery 364
31	Computerised CBT Self-Help Approaches 369
32	Developing and Progressing as a Cognitive Behavioural Therapy Therapist 376
	<i>Index</i> 384

Foreword

I was delighted to be asked to write the foreword for this sure-to-be influential textbook on CBT. It has an ambitious scope, as it covers most of all the established evidence-based protocols we have for CBT across conditions and across populations. This is important, as it is now well-established that CBT is the gold standard for the psychological treatment of common mental health conditions, and as such a contemporary textbook is needed to guide the next generation of therapists through the extensive and expanding field, and to assist those therapists with more experience to stay contemporary with clinical practices and skills in CBT. The authors are well-known to me and have invested their professional careers in education, research and clinical work to enhance the outcome of CBT. My own career started in education before psychology, but the synergies between the two as life-enhancing and life-changing are very powerful. Books can play an important part in our educational and professional development, so I applaud the authors' mission to educate and train and to make accessible the best evidence available to the readers through the pages of this book. I welcome this textbook for its thorough scope of coverage and for providing a logical and coherent structure. The different sections of the book make it easier for readers to navigate directly to the information they need. It is a rich resource, with references, tables, tips and hints, and graphics all made practical by case examples throughout. By itself, this book won't make you a better therapist, but it can be a valuable and practical support on your own journey to becoming the type of therapist that is well-versed in the evidence-base and well-grounded in the principles, practice and ethos of the empowering, compassionate, therapy we know of as CBT.

Judith S. Beck

A Note from the Series Editor

I remember when I first met Sarah Marsh, editor at Cambridge University Press – it seems like a lifetime ago now. We met at a café in central Edinburgh in June 2017 to discuss an idea that she had to create a series of books focussed on evidence-based psychological therapies. The idea was simple – the books would be attractive to a trainee and simultaneously to an expert clinician. We wanted to enable readers to conceptualise a psychological difficulty using different theoretical models of understanding, but not become overwhelmed by the volume of information. We saw the need for a series of books that could be easily read and yet would examine complex concepts in a manageable way.

So, when Sarah asked me if I would become the Series Editor, I couldn't say no. What we could never have predicted back then, when making early plans for the series, was that we would soon face a global pandemic. There were days when we didn't even know whether we could leave our house or if our children could go to school – the world effectively stopped. Yet through all the chaos, uncertainty and fear, I saw the determination and successes of those around me shine through. I was in awe of the resilience of my own son, Patrick, who lived his adolescence in 'lockdown'. I watch him now and the young man he has become – he walks tall with a quiet confidence. I am so proud as he and his friends laugh together and now enjoy what most of us had previously taken for granted: their freedom at university. In a similar way, I watched the many authors of these books, most of whom are busy and tired clinicians, continue to dedicate their precious time to this venture – an incredible achievement through a most challenging time. They each welcomed me into their academic, clinical and theoretical worlds, from all over the globe. They have all been an honour to work with. I would personally like to thank every contributor and author of this series for their hard work, determination and humour even in the darkest of days. Despite all the unknowns and the chaos, they kept going and achieved something wonderful.

I would like to thank Sarah, and Kim Ingram at Cambridge, for giving me the opportunity to be Series Editor. I have loved every minute of it; it has been a longer journey than we anticipated but an amazing one and for that I am incredibly grateful. Sarah and Kim are my friends now – we have literally lived through a global pandemic together. It has been my absolute pleasure to work together and in collaboration with Cambridge University Press.

Patricia Graham