



The Internet and CBT: A Clinical Guide

Gerhard Andersson

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Comprehensive and practical, **The Internet and CBT: A Clinical Guide** describes how cognitive behavioural therapy can be delivered via the Internet, email, open access programmes, online communities and via smartphone. Detailing how these alternative methods of CBT support can be integrated within a busy practice, it is invaluable for all CBT clinicians and students wishing to find out more about assessing and supporting people in innovative ways. This book enables you to:

- Learn how to best give advice concerning online support communities and when to recommend guided self help online
- Understand how to integrate online and smartphone CBT delivery into your daily practice
- Explore the resources and treatment programmes available
- Perform online assessments
- Guide and supervise the people in your care
- Comprehend issues of patient confidentiality and what you need to do to ensure safe and ethical practice

With its no-nonsense and down-to-earth approach, this book covers the dos and don'ts of CBT delivery online and via smartphone and provides a highly accessible guide for students and practitioners wishing to incorporate online CBT into their work. It will be of great interest to CBT clinicians, psychologists, psychotherapists, counsellors and mental health nurses.

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