

Backcover Practicing Positive CBT

“In reading *Practicing Positive CBT* there is a sense of being in the presence of a gifted, engaging, enthusiastic and inspiring therapist. The book practises what it preaches in supporting therapists to become more effective and successful, and I suspect, enjoying their work along the way.”

Professor Willem Kuyken, University of Exeter

“*Practicing Positive CBT* offers the best constructive vision to date on what CBT can look like when joined with positive psychology and solution-focused brief therapy approaches. Bannink highlights positive therapy methods already embedded in CBT and offers a wealth of practical suggestions for how CBT therapists can become more positive in every aspect of therapy.

Whether dipping into particular chapters for creative inspiration or studying this book cover to cover, therapists of all experience levels will find value on every page.”

Christine A. Padesky, PhD, Center for Cognitive Therapy, California
Co-author, Collaborative Case Conceptualization

“In this masterful and very accessible book, Dr. Bannink captures the essential importance of building on positive feelings, motives, imagery, memories and behaviors. The psychology of ‘cultivation’, so much a focus in Buddhist approaches to human suffering, is brought to life in new ways with extensive knowledge of the research literature. Full of fascinating insights and practical applications, this is a book to change what we focus on and how we work in helping people change. A book to read many times.”

Professor Paul Gilbert, PhD, FBPsS, OBE
Derbyshire Healthcare NHS Foundation Trust

Recent decades have witnessed a surge in the development of competency-based, collaborative approaches to working with clients. *Practicing Positive CBT: From Reducing Distress to Building Success* reveals how traditional CBT can become Positive CBT, with a shift in the focus of therapy from what is wrong with clients to what is right with them, and from what is not working to what is.

Drawing on insights and techniques from both Positive Psychology and Solution-Focused Brief Therapy, internationally renowned expert Fredrike Bannink first reveals how Positive CBT combines the best elements of change-based and meaning-based psychotherapeutic approaches to offer a new perspective on traditional CBT. Bannink then shows how the transition from traditional CBT to Positive CBT represents an important shift from problem analysis to goal analysis, from a focus on deficits and the learning of new behaviors to one that builds on resources and competences the client already possesses, and from reducing distress to building success.

Combining theory and application with a wide range of stories, practical exercises and case studies, *Practicing Positive CBT* offers groundbreaking insights on new approaches for the improvement of the psychological well-being of clients and therapists.

Fredrike Bannink is a clinical psychologist and Master of Dispute Resolution based in Amsterdam. She is an internationally recognized cognitive behavioral therapist and trainer, and co-founder and Chair of the Solution-Focused CBT Section of the Dutch Association for Behavioural and Cognitive Therapy.