



## **How to Become a More Effective CBT Therapist: Mastering Metacompetence in Clinical Practice**

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*How to Become a More Effective CBT Therapist* explores effective ways for therapists to move beyond competence to “metacompetence”, remaining true to the core principles of CBT while adapting therapeutic techniques to address the everyday challenges of real-world clinical work. This innovative text explores how to:

- Work most effectively with fundamental therapeutic factors such as the working alliance and diversity;
- Tackle complexities such as co-morbidity, interpersonal dynamics and lack of progress in therapy;
- Adapt CBT when working with older people, individuals with long-term conditions (LTCs), intellectual disabilities, personality disorders and psychosis;
- Develop as a therapist through feedback, supervision, self-practice and training.

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