

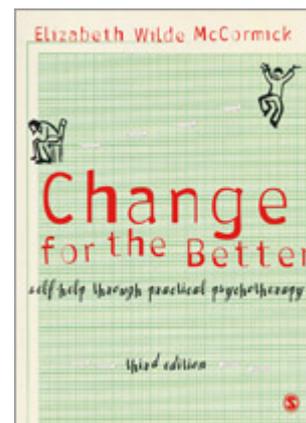
NEW FROM SAGE!

Change for the Better

Self-help through Practical Psychotherapy

Third Edition

Elizabeth Wilde McCormick



'This is a guide for real people living and struggling in real life, ordinary circumstances... it is full of humane, creative compassion for those who would like to change' - *Counselling Psychology Review*

Change for the Better, Third Edition is a popular, practical guide for therapists and clients which describes in ordinary language how learned patterns of response contribute to psychological problems such as depression, anxiety, phobia, and relationship difficulty.

Presenting an easy-to-follow programme, leading psychotherapist, Elizabeth Wilde-McCormick shows readers how to identify their own different inner dialogues, and the traps, dilemmas, snags, and unstable states of mind that lead to things going wrong. Exercises feature throughout the book to enable self-reflection and help the reader achieve lasting change.

Based on Cognitive Analytic Therapy, a focussed short term therapy pioneered and developed at Guy's and St Thomas' Hospitals in London, **Change for the Better, Third Edition** can be used as a self-contained self-help programme or as preparation for clients entering therapy. It is also recommended to students on CAT courses and many therapists find the book helpful in their own development and as a source of material to use directly with clients.

In response to its continuing popularity this **Third Edition** has been published, including the most recent development in CAT practice. The new edition also places emphasis upon the transformation of unhelpful learned reciprocal role procedures that underlie our relationship with ourselves and other people. It also features new chapters on unstable states of mind seen in people given a borderline personality diagnosis, on dissociation, eating problems, and stress.

Elizabeth Wilde McCormick has been in practice as a psychotherapist for over twenty five years. She is also a teacher, trainer and writer. She is a founder member of The Association for Cognitive Analytic Therapy at Guy's Hospital, London, and the author of a number of best-selling self-help books.

**20%
discount!**

Expires 25/02/08

Contents

PART ONE / All about Change / PART TWO / Feelings and Relationships / PART THREE / Naming the Problem / Traps / Dilemmas / Snags and Self Sabotage / Difficult and Unstable States of Mind / Dissociation and De-personalisation / Compulsions and Obsessions / Eating Disorders: The Multifaceted Language of Hunger / Stress / PART FOUR / Gathering Information / PART FIVE / Making the Change / Writing Our Life Story / Targeting the Areas that Create Problems and Deciding on Aims for Change / Putting a Diagram in Your Pocket / Techniques for Working through the Process of Change / PART SIX / Changing Within a Relationship / PART SEVEN / Holding On To Change

January 2008 · 280 pages

Paperback (978-1-4129-4826-5) Price £19.99 **£15.99**

Hardback (978-1-4129-4825-8) Price £60.00

See over for postal order form → →

 **SAGE**

To request an inspection copy visit:
www.sagepub.co.uk/inspectioncopy

ORDER FORM**Ref 7900**

Customer Order Line **+44 (0)20 7324 8703**. Call to order any of these books direct, quoting your credit card number and our reference number above. For general enquiries call +44 (0)20 7324 8500



Return this order form to: Paul Chapman Publishing, SAGE Publications, 1 Oliver's Yard, 55 City Road, London, EC1Y 1SP, UK enclosing payment, credit card details or your official purchase order number.



Fax: **+44 (0)20 7324 8600**



Order post-free online: **www.sagepub.co.uk**

Your order will be despatched within 48 hours of receipt subject to availability. Orders for books temporarily out of stock or not yet published will be recorded and supplied as soon as they are available. Credit cards will be charged at the time of shipment. Please note that due to currency fluctuations all prices are subject to alteration without notice. Paul Chapman Publishing books are also available from good bookshops.

Email Alerts Be the first to know about our new books and journals!
 Visit the website at: **www.sagepub.co.uk** to sign up for
 email alerts on our new books and journals in your chosen subject areas.

Qty	Author	Book	Price	Subtotal
	Wilde McCormick	Change for the Better 3ed	£15.99 (pbk)*	
Total:				

* Discount on paperback only. Offer expires 25/02/08. Discount claimed using this form or for phone orders quote ref 7900.

Name:.....
 Address:

 Email: Please send me new book alerts by email

Payment

- | | |
|--|---|
| <input type="checkbox"/> I enclose a cheque (made payable to SAGE Publications Ltd) for | £ |
| <input type="checkbox"/> I have today paid by international Giro (to Account No. 548 0353) | £ |
| <input type="checkbox"/> Please charge my credit card | £ |
- (Mastercard/Delta/Visa/American Express/Switch [delete as necessary])*

Card no:

Issue no: Expiry date: /

Signature:..... Date:.....

Data Protection: your details will be added to or updated on the SAGE Publications mailing list for information about other products and services provided by the SAGE Publications group of companies. Please contact the Database Department at SAGE Publications if you do not wish to receive such mailings: We do not rent or sell our mailing list to other companies.



SAGE Publications
1 Oliver's Yard, 55 City Road
London, EC1Y 1SP. Registered in England No. 1017514