

'This is an essential guide to Isabel Clarke's distinctive trauma-informed formulation approach to wards, community teams and IAPT services. Simple and yet powerful, this impressive body of work has transformed practice wherever it has been introduced. Mental health practitioners should all be aware of it.'

– Dr. Lucy Johnstone, Consultant Clinical Psychologist and Author of *Formulation in Psychology and Psychotherapy: Making Sense of People's Problems*

'This book is a tour de force of integrationist thinking, applied to current evidence-based psychotherapeutic approaches. Elements of DBT, ACT and CFT are drawn from using the integrating framework of Teasdale and Barnard's ICS (Interacting Cognitive Subsystems) model. This has produced an elegant approach to therapy, which can be used in many settings by helpers with varying levels of expertise.'

– Dr. Fiona C. Kennedy, Author of *Get Your Life Back. The Most Effective Therapies For A Better You*

*Third Wave CBT Integration for Individuals and Teams: Comprehend, Cope and Connect* introduces a therapy that starts from the perspective of the immediate experience of the individual. Developed by the authors, this new, transdiagnostic approach to mental health difficulties brings together the impact of past trauma and adversity on present coping (comprehend), and utilizes the latest in mindfulness and compassion-focused approaches to manage change (cope and connect). Already adopted in a variety of settings, the book demonstrates the approach's practicality and adaptability of the therapy.

The text explores the cognitive science-based theory behind the approach and its place within the range of 'third wave' Mindfulness-Based Cognitive Behaviour Therapy. It also includes a full manual of the linked individual and group therapy approach piloted in primary care IAPT, including case examples. The application of the approach to psychosis, its adoption in a variety of settings and the evidence base to date are also discussed.

*Third Wave CBT Integration for Individuals and Teams* will be warmly welcomed by IAPT practitioners looking to adopt a new, third wave CBT approach, as well as other CBT practitioners and clinical psychologists.

**Isabel Clarke** is a Consultant Clinical Psychologist, with 25 years' experience in the NHS, both in outpatient and inpatient.

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