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Isabel Clarke, Isabel Clarke is a Consultant clinical psychologist, with 25 years experience in the NHS, both in outpatient and inpatient. and **Hazel Nicholls**, Hazel Nicholls is a Consultant Clinical Psychologist, and Founder and Clinical Director of Hampshire IAPT, italk.

This book introduces a therapy that starts from the perspective of the immediate experience of the individual - 'what it feels like to be me, now'. 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, including acute mental health and IAPT services, the book demonstrates the approach's practicality and acceptability, providing an outcome-focused approach that supports those who normally do less well in IAPT services.

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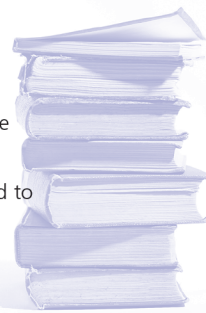
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