



Formulation and Treatment in Clinical Health Psychology

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How do clinicians select appropriate treatment strategies to match their clients' needs?

Formulation and Treatment in Clinical Health Psychology brings together leading experts in the fields of clinical health psychology and behavioural medicine with the aim of illustrating the formulation and treatment design procedures which they employ in their specialist areas.

Each chapter covers the key biopsychosocial parameters, assessment modalities, empirically based treatment strategies and formulation procedures for specific problems. Areas covered include:

- cognitive-behavioural case formulation in the treatment of alcohol problems
- psychological treatment of hypertension
- cognitive therapy for irritable bowel syndrome
- miscarriage: conceptualisation and treatment of the psychological sequelae.

Case studies are employed throughout to demonstrate a link between case formulation, treatment planning and outcome.

The practical guidance provided in this volume will prove invaluable for all practising clinicians working in the context of health-related problems.

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