The volume which has caught our attention for the present book review has been published by Oxford University Press and written by Ian M. Evans, Emeritus Professor of Massey University, New Zealand. The author’s fields of interest in research include: assessment and application of systemic methods for children with autism and developmental disabilities, prevention of school dropout, emotional development of children, research which he has conducted along with academic activity within prestigious Universities and clinical practice.

While it is known that the cognitive approach in psychotherapy benefits from being one of the most widely research domains in the field, the volume proposes to bring additional guidance for students who are training to become psychotherapists but also for the practitioners.

Such guidance comes under the form of discussing the basics of Cognitive – Behavioral therapy but is also delivered by thoughtfully analyzing the mechanisms described by the CBT paradigm in explaining psychological phenomenon but also, and maybe the most significant aspect of the work, by approaching the issue of change. We may assert that change is the main drive which enables the psychotherapeutic outcomes and that students and practitioners are ought to recognize, support and help develop the resources which clients need in order to embrace change.

The volume does not restrict to describing the rather classical Cognitive Behavioral (Beck) approach to psychotherapy – along with Rational – Emotive Therapy (Ellis) and Schema Therapy (Young), but also brings to our attention the latest approaches developed within the past years as modern and reliable versions of psychotherapy, such as Acceptance and Commitment Therapy and Mindfulness
Training. All the mentioned approaches to psychotherapy, namely both classical and modern versions encompassed within the Cognitive – Behavioral Therapy, are presented in such manner that the reader should be able to extract their common ground so that, in practice, case approaches should be facilitated by having in sight several principles regarding psychological functioning and the meaning of change.

Although most of the works regarding the CBT approach state that in order to reach desired results – namely, in order to overcome the referred problems, the client should understand the relation between his or her thoughts, feelings and actions, learn and apply several techniques in order to enable change on each of these levels, the author goes further by explaining the functioning of these relations, the multiple and complex ways in which they manifest and can be understood. Also, the author goes further than discussing theoretical foundations of Cognitive – Behavioral therapy and merges it with outcomes of cognitive research, thus succeeding in delivering clear and in-depth depictions of how different levels of thought, the dynamics of how thought, emotion and behavior are influenced by each other, the sources of thought, among other concepts which are rightfully considered by the author to be essential to understand by both practitioners and trainees.

The main sections of the volume include, among others, aspects such as Cognitive therapies concepts elaboration, explaining the mechanisms of consciousness, principles of change and a debate regarding the possibility of bringing improvement within the cognitive – behavioral interventions.

The volume is highly recommended for anyone interested in reaching an in-depth understanding of how the classical and modern cognitive – behavioral can merge and can be enhanced, and a clarifying vision of the way change occurs in one’s life in order to decrease the experienced levels of distress.