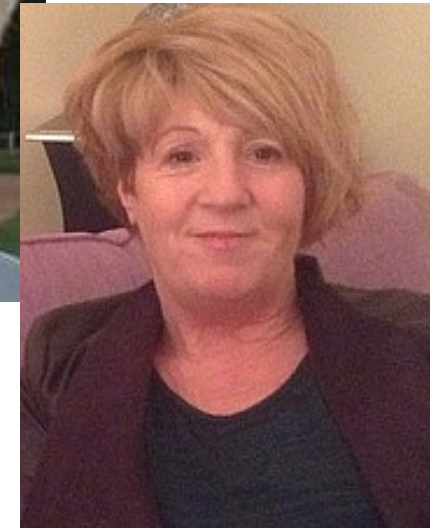


# Differences and Similarities Between CBT and the Person Centred Approach

Elaine Davies & Mike Trier



# We need to talk about CBT



[Click the image above to watch the trailer](#)

# Therapy Today Article

The screenshot shows the Therapy Today.net website interface. At the top, there is a navigation menu with links for Home, About, Archive, Contribute, Advertise, Subscribe, Help, Contact, E-bulletin, and Login/Register. A search bar and a 'Your Basket' icon are also present. The main content area features a featured article titled 'We need to talk about CBT' by Elaine Davies and Mike Trier. The article discusses a debate about CBT in the pages of the journal, sparked by a review in the September issue of *Thrive*. It mentions that Elaine Davies, a CBT therapist, and Mike Trier, a person-centred counsellor, along with Catherine Jackson, Deputy Editor of *Therapy Today*, were involved in the discussion. The article also notes that John Wilson of Online Events joined the conversations and that a programme of online discussions was devised. The article text is partially visible, showing the beginning of the authors' introduction.

Source: <http://www.therapytoday.net/article/show/4696/we-need-to-talk-about-cbt/>

# Therapy Today References

Thrive: the power of evidence-based psychological therapies  
- Reviewed by Catherine Jackson

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Same old anti-CBT arguments  
- Elaine Davies

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In defence of CBT's critics  
- Mike Trier

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Talking point: We are all on the same side  
- Elaine Davies

**(Click on the links above)**

# Upcoming Debates

Anger: How Do We Deal With It In (and Out of) the Counselling Room? – Elaine Davies & Mike Trier - **April 22, 7-8PM (BST)**

The Choice Agenda: Is IAPT Getting the Balance Right for Clients Between CBT and Counselling? – Catherine Jackson & Mike Trier - **May 31, 7-8PM (BST)**

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# Online Library

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