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Dr Melanie Fennell describes

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How poor self-esteem develops and what keeps it going, and sets out effective strategies based on Cognitive Behavioural Therapy (CBT) to help you to overcome it. This series of ten talks includes: The

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Fennell from the Department

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Melanie Fennell is one of
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By: Dr Melanie Fennell.

Narrated by: Lisa

Coleman, Stephen Perring.

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DR MELANIE FENNELLI is the
author of Overcoming Low
Self-Esteem and Overcoming

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Low Self-Esteem Self-Help Course. She currently works as the Director of an advanced cognitive therapy course, which is a collaborative venture between the Oxford Cognitive Therapy Centre (OCTC) and

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Summary In this series of
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self-esteem expert Dr
Melanie Fennell describes

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How poor self-esteem develops and what keeps it going, and sets out effective strategies based on Cognitive Behavioural Therapy (CBT) to help you to overcome it. This series of ten talks includes: The

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MELANIE FENNELL is one of
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depression in the UK. As a

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research clinician in the
Oxford University Department
of Psychiatry, she has
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including Mindfulness-Based
Cognitive Therapy. She

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teaches at the Oxford
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MELANIE FENNELL is one of
the pioneers of CBT for
depression in the UK. As a

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research clinician in the
Oxford University Department
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Fennell from the Department
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the Warneford Hospital in
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Overcoming negative beliefs
about yourself which she
called your 'bottom line'.

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Treatment was conducted on
an individual outpatient

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basis, and consisted of 10 sessions, each lasting an hour. The treatment was based on Fennell, 1997, Fennell, 1999, Fennell, 2006 CBT protocol for overcoming low self-esteem and included four phases: 1.

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Individualised formulation,
goal-setting and
psychoeducation (sessions
1-2) 2.

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