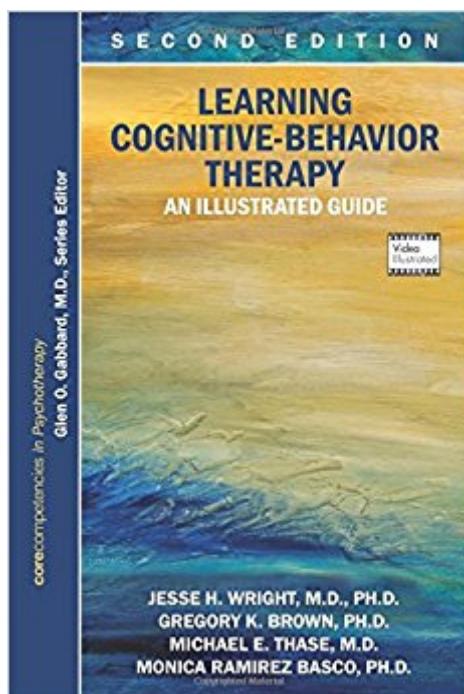The book was found

Learning Cognitive-behavior Therapy: An Illustrated Guide (Core Competencies In Phychotherapy)

Synopsis

Building on its successful -read-see-do- approach, this second edition of Learning Cognitive-Behavioral Therapy: An Illustrated Guide seamlessly combines 23 all-new videos with informative text and figures, charts, worksheets, checklists, and tables to help readers not only learn the essential skills of CBT but achieve competence in this important evidence-based treatment method.Opening with an overview of core cognitive-behavior therapy (CBT) theories and techniques, leading CBT practitioners then describe and demonstrate how to build effective therapeutic relationships with CBT, conceptualize a case with the CBT model, structure sessions, and resolve common problems encountered in CBT. This updated, second edition of the best-selling and highly popular Learning Cognitive-Behavioral Therapy also features: - Ways to employ CBT to reduce suicide risk- Guidance on integrating therapies related to CBT -- including dialectical behavior therapy, mindfulness-based cognitive therapy, and well-being therapy -- in the context of personality disorders and chronic or recurrent depression- An appendix of curated resources by the expert authors -- recommended readings, computer programs, Web sites, videos, and organizations -- to give readers access to the best resources in building competence in CBT practice The all-new videos feature clinicians demonstrating methods in real-world settings and include new topics such as safety planning and uncovering and changing maladaptive schemas. Proven as one of the best teaching tools for building competence in CBT, this new edition will enrich readers' understanding and practice of CBT.

Book Information

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Customer Reviews

This book is one of my favorites. It is in the very top rank of CBT texts and stands alone in its masterful blending of text and video. --Aaron T. Beck, M.D., University Professor Emeritus of Psychiatry, University of PennsylvaniaBesides the original CBT manuals, I can think of no better resource for therapists wishing to learn the science and art of CBT. It is written with extraordinary precision and clarityl, so that CBT therapists at all stages of their careers can develop and sharpen their skills so as to best serve their clients. The authors are evidently master CBT therapists and trainers as readers will be inspired to learn to become more effective CBT therapists. --Willem Kuyken, Professor of Clinical Psychology, University of OxfordLearning Cognitive-Behavior Therapy: An Illustrated Guide, Second Edition: Core Competencies in Psychotherapy summarizes CBT principles, processes and interventions in an easy to read format. It offers a succinct introduction for psychiatric residents or therapists new to CBT and will whet your appetite to learn more. --Christine A. Padesky, Ph.D., Distinguished Founding Fellow, Academy of Cognitive Therapy

Building on its successful "read-see-do" approach, this second edition of Learning Cognitive-Behavioral Therapy: An Illustrated Guide seamlessly combines 23 all-new videos with informative text and figures, charts, worksheets, checklists, and tables to help readers not only learn the essential skills of CBT but achieve competence in this important evidence-based treatment method.This best-selling and highly popular guide provides readers with instruction, tools, and expert demonstrations on building an effective therapeutic relationship with CBT, conceptualizing a case with the CBT model, structuring sessions, and resolving common problems encountered in CBT. This updated, second edition also features ways to employ CBT to reduce suicide risk and tips on integrating therapies related to CBT -- including dialectical behavior therapy, mindfulness-based cognitive therapy, and well-being therapy. Featuring leading CBT clinicians demonstrating methods in real-world settings, the all-new videos include new topics such as safety planning and uncovering and changing maladaptive schemas.Proven as one of the best teaching tools for building competence in CBT, this new edition gives readers access to the best resources in understanding and building competence in CBT practice.

I purchased this text book new for one of my required courses in Social Work. Upon the first day of class our instructor advised we would be using the cd that accompanies this book, however, my text

book did not include a disc. Which upsets me because the book is supposed to have a video to go along with the chapters. Now I will have to find an alternative or borrow the cd from a peer. Not ideal when I paid full price for a NEW text book.

. I am an MFT trainee hand have been using this book to master the fundamentals of CBT while at the same time actually implementing the therapeutic modality. I recommend this book to anyone that is starting out in the practice of psychotherapy.

This is a good DRY read. I ordered it for school as a required text. It came super quick and it was packaged very well. I believe that I'll be keeping this book after the class is over as I really enjoy all of the information contained in it. Like I said it's a dry read, but the information in it is very very important and if you are learning about CBT, this is a good starter book to introduce you to the material.

It has often been said that psychotherapy is both art and science. Research over the last 40 years has demonstrated the scientific basis for Cognitive Therapy. However, it is one thing to read about an approach to therapy and another to learn how to do it. Learning Cognitive-Behavior Therapy: An Illustrated Guide provides the reader and clinician with the best of both worlds. Not only will the reader find in the book the basic concepts and techniques of CT, the accompanying DVD will demonstrate how to administer these interventions. This book is a must for anyone who is serious about using Cognitive Therapy in their clinical setting. It is also a useful resource for academics that are looking for a resource to illustrate this approach to therapy.

Helpful text book.

This book provides an excellent primer or a great refresher in the concepts, theory, and practice of Cognitive-Behavior Therapy (CBT). It presents CBT and many of its crucial elements in a straight-forward, easy to read fashion, and includes short video vignettes (DVD included) and practice exercizes for the reader throughout many of the book's chapters. This is a great value for those looking to learn CBT for the first time as well as those looking to get back to basics and assess/enhance their own CBT skills. Book includes link to downloadable CBT forms (and cbt skills self-assessment materials).

Useful book, satisfied with the delivery

Great book for career!

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