

Optimizing CBT for PTSD

This comprehensive volume offers concise, evidence-based guidance on providing cognitive behavioral therapy (CBT) for patients experiencing PTSD. It analyzes common challenges practitioners face and proposes solutions that they can offer to enhance patient outcomes. As a step-by-step guide for implementing principles of CBT for PTSD, including in vivo exposure, imaginal exposure, behavioral activation, and processing trauma-related cognitions, it further explores broad ways of supporting patients with trauma in their healing journey, including working with survivors of intimate partner violence, navigating the legal context of surviving a trauma, and eliciting support from concerned others. This is complemented by support suggestions for clinicians as they learn to implement CBT, from supervision to the prioritization of the therapist's well-being. This volume is a must-read for clinical psychologists, mental health professionals, and students who want to apply the science of CBT to PTSD and ensure the delivery of successful treatment to PTSD patients. The materials for this book can be downloaded from the Hogrefe website after registration.

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