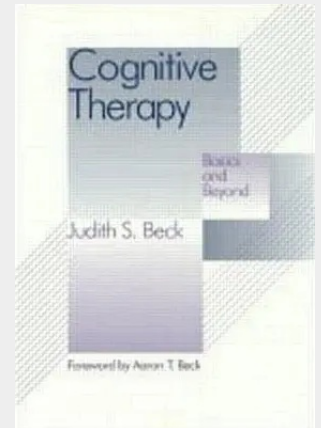


Beck

Cognitive Behavior Therapy, First Edition

Basics and Beyond

Written in a clear, step-by-step style, this ideal teaching text makes cognitive therapy immediately accessible to students, beginning therapists, and seasoned practitioners who are not familiar with the cognitive approach. The author presents many clinical examples drawn from one patient's treatment to provide a realistic and coherent demonstration of cognitive therapy in action. These examples illustrate how to conceptualize patients according to the cognitive model; plan treatment; conduct an initial session; structure therapy within and across sessions; incorporate homework; and use cognitive and behavioral techniques. Instructors will appreciate the text's emphasis on formulating cases, making decisions within therapy sessions, diagnosing problems in therapy, and using advanced techniques to modify core beliefs and underlying assumptions. Transcripts in every chapter richly illustrate the narrative, and the book includes a variety of patient worksheets. This book will be of value to students and therapists learning how to use cognitive therapy. It will also serve as a text in advanced graduate and graduate clinical psychology and psychotherapy courses.



Auf Anfrage

Nicht mehr lieferbar

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