Transdiagnostische Behandlung emotionaler Störungen
Cognitive-behavioral Treatment of Irritable Bowel Syndrome
Cognitive-behavioral Treatment of Borderline Personality Disorder
Cognitive Therapy Techniques, Second Edition
Group Cognitive-Behavioral Therapy of Anxiety
Cognitive-behavioral Therapy with Delusions and Hallucinations
A Therapist's Manual for Cognitive Behavior Therapy in Groups
Cognitive-Behavioral Therapy for Bipolar Disorder
The Comprehensive Clinician's Guide to Cognitive Behavioral Therapy
Cognitive Behavioral Therapy with Children
Group Therapy Manual for Cognitive-behavioral Treatment of Depression
Overcoming Insomnia
Cognitive-Behavioral Therapy for Body Dysmorphic Disorder
Cognitive Behavioural Therapy with Schizophrenia
Practicing Cognitive Behavioral Therapy with Children and Adolescents
Treatment of Generalized Anxiety Disorder
Intracranial Pressure II
Group Treatment Manual for Persistent Depression
Cognitive-behavioral Treatment for Generalized Anxiety Disorder
Clinical Handbook of Psychological Disorders, Fifth Edition
Cognitive-behavioral Group Therapy for Social Phobia
CBT Made Simple
The C.A.T. Project Manual
Clinician's Guide to PTSD
Cognitive-Behavioral Treatment of Perfectionism
Cognitive-behavioral Coping Skills Therapy Manual
Treating OCD in Children and Adolescents
Cognitive-behavioral Therapy for Anxious Children
Cognitive Behavioral Group Therapy
Cognitive Behavioral Treatment of Insomnia
Well-Being Therapy
Computerized Cognitive-behavioral Therapy Vs Traditional Cognitive-behavioral Treatment Manual for the Treatment of Test Anxiety
The Clinical Handbook of Mindfulness-integrated Cognitive Behavior Therapy
Treating Trichotillomania
OCD in Children and Adolescents
International Handbook of Cognitive and Behavioural Treatments for Psychological Disorders
Cognitive-Behavioral Social Skills Training for Schizophrenia
One of the great advantages of rational-emotive therapy (RET) and cognitive behavior therapy (CBT) is that they frequently employ psycho educational methods-including bibliotherapy, workshops, lectures, courses, recordings, and films. I created RET at the beginning of 1955 after I had abandoned the practice of psychoanalysis because I found it to be highly inefficient and philosophically superficial. Being almost addicted to one-to-one therapy as a result of my analytic training and experience, I at first did RET only with individual clients and found this pioneering form of CBT considerably more effective than the other therapies with which I had experimented. By 1957, however, I realized that RET could be taught to large numbers of persons through self-help books and articles and that RET-oriented writings could not only prove valuable to the general public but that they could also be successfully employed to hasten and intensify the therapy of my individual clients. I therefore wrote a number of RET self help books-especially How to Live with a Neurotic (1957), Sex without Guilt (1958), A New Guide to Rational Living (with Robert A. Harper; original edition, 1961), and A Guide to Successful Marriage (with Robert A. Harper, 1961)."What should I do when a client asks me personal questions?" "How do my client’s multiple problems fit together, and which ones should we focus on in treatment?" This engaging text--now revised and updated--has helped tens of thousands of students and novice cognitive-behavioral therapy (CBT) practitioners build skills and confidence for real-world clinical practice. Hands-on guidance is provided for developing strong therapeutic relationships and navigating each stage of treatment; vivid case material illustrates what CBT looks like in action. Aided by sample dialogues, questions to ask, and helpful checklists, readers learn how to conduct assessments, create strong case conceptualizations, deliver carefully planned interventions, comply with record-keeping requirements, and overcome frequently encountered challenges all along the way. Key Words/Subject Areas: CBT, cognitive therapy, cognitive-behavioral therapy, cognitive behaviour therapy, psychotherapy, interventions, evidence-based treatments, case conceptualization, case formulation, assessments, techniques, treatment planning, therapeutic relationship, beginning clinicians, texts, textbooks Audience: Clinical psychologists, psychiatrists, clinical social workers, counselors, and psychiatric nurses; graduate students and trainees"--From foremost experts, this authoritative work offers a framework for helping children...
overcome obsessive–compulsive disorder (OCD) using the proven techniques of cognitive-behavioral therapy (CBT). Therapists gain knowledge and tools to engage 6- to 18-year-olds and their parents and implement individualized CBT interventions, with a focus on exposure and response prevention. In a user-friendly, conversational style, the authors provide real-world clinical guidance illustrated with vivid case examples. Purchasers get access to a Web page where they can download and print the volume's reproducible handouts in a convenient 8 1/2” x 11” size. Building on the earlier OCD in Children and Adolescents: A Cognitive-Behavioral Treatment Manual (by John March and Karen Mulle), this book reflects two decades of advances in the field; most of the content is completely new. This handbook shows the wide perspective cognitive-behavioural treatment can offer to health professionals, the vast majority of whom now recognize that cognitive behavioural procedures are very useful in treating many 'mental' disorders, even if certain disciplines continue to favour other kinds of treatment. This book offers a wide range of structured programmes for the treatment of various psychological/psychiatric disorders as classified by the DSM-IV. The layout will be familiar to the majority of health professionals in the description of mental disorders and their later treatment. It is divided into seven sections, covering anxiety disorders, sexual disorders, dissociative, somatoform, impulse control disorders, emotional disorders and psychotic and organic disorders. Throughout the twenty-three chapters, this book offers the health professional a structured guide with which to start tackling a whole series of 'mental' disorders and offers pointers as to where to find more detailed information. The programmes outlined should, it is hoped, prove more effective than previous approaches with lower economic costs and time investment for the patient and therapist. Cognitive-behavioral therapy is highly effective in the treatment of anxiety disorders, regardless of the specific type of fear that is causing difficulties. This practical, hands-on clinical resource presents a proven group treatment protocol for patients with any anxiety diagnosis. Step-by-step guidelines are provided for setting up transdiagnostic groups, using comprehensive assessment to plan and monitor treatment, and implementing carefully sequenced cognitive and behavioral techniques. Clinical examples illustrate the nuts and bolts of intervention across different anxiety disorder presentations. Special features include 19 reproducible handouts and forms that can be
downloaded and printed in a convenient 8 1/2" x 11" size. This Cognitive Behavioral Analysis System of Psychotherapy (CBASP) Group Manual is a treatment guide for mental health professionals working with persistently depressed individuals. The manual provides a clear step-by-step application of CBASP as a group treatment modality, the research findings supporting the effectiveness of this treatment, and suggested methods of assessing outcome as well as possible applications or adaptations of the treatment to different settings and disorders. This manual is accompanied by a separate workbook for patients.

Written in a highly accessible style, Cognitive-Behavioural Therapy with Delusions and Hallucinations gives detailed practical guidance, providing the reader with a range of strategies and techniques, set within a clear, structured framework. Readers are taken through the planning and delivery of the different aspects of the therapy. Issues commonly encountered with people having delusions and hallucinations are considered and strategies are provided to help avoid or overcome these issues. This book can be used as an instruction or practice reference manual as it gives step-by-step guidance on delivering the therapy using case studies and clinical examples to illustrate applications. The foreword is by Professor Aaron T. Beck, a leading figure in cognitive-behavioral therapy in the U.S.

"Presenting an effective treatment approach specifically tailored to the unique challenges of body dysmorphic disorder (BDD), this book is grounded in state-of-the-art research. The authors are experts on BDD and related conditions. They describe ways to engage patients who believe they have defects or flaws in their appearance, not a psychological problem. Provided are clear-cut strategies for helping patients overcome the self-defeating thoughts, impairments in functioning, and sometimes dangerous ritualistic behaviors that are core features of BDD. Clinician-friendly features include step-by-step instructions for conducting each session and more than 50 reproducible handouts and forms; the large-size format facilitates photocopying. See also the related self-help guide by Dr. Wilhelm, Feeling Good about the Way You Look, an ideal recommendation for clients with BDD or less severe body image problems."—The essential guide to MiCBT for therapists working in clinical settings The Clinical Handbook of Mindfulness-integrated Cognitive Behavior Therapy offers therapists working in clinical settings a practical set of evidence-based techniques derived from mindfulness (vipassana) training and the principles of Cognitive Behavior
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The increasing popularity of Mindfulness-integrated Cognitive Behavior Therapy (MiCBT) is principally attributed to its transdiagnostic applications. It offers novel tools that address a broad range of psychological disorders both acute and chronic, including those with complex comorbidities, and helps prevent relapse. The authoritative guide to this unique approach includes: A clear explanation of MiCBT’s origins and development, structure and content, scientific underpinnings and supporting empirical evidence A comprehensive guide to the 10-session MiCBT program for groups and individual clients that includes worksheets and handouts for each session and suggestions to overcome common difficulties A presentation of the research and practical experience of the authors, noted experts in the field of MiCBT Written for mental health therapists working with groups and individual clients, The Clinical Handbook of Mindfulness-integrated Cognitive Behavior Therapy offers an effective guide for implementing the principles of MiCBT within their professional practice.

This unique manual presents cognitive-behavioral social skills training (CBSST), a step-by-step, empirically supported intervention that helps clients with schizophrenia achieve recovery goals related to living, learning, working, and socializing. CBSST interweaves three evidence-based practices--cognitive-behavioral therapy, social skills training, and problem-solving training--and can be delivered in individual or group contexts. Highly user friendly, the manual includes provider scripts, teaching tools, and engaging exercises and activities. Reproducible consumer workbooks for each module include skills summaries and worksheets. The large-size format facilitates photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials. Listed in SAMHSA’s National Registry of Evidence-Based Programs and Practices.

It is estimated that one in ten U.S. adults suffers from chronic insomnia. If left untreated, chronic insomnia reduces quality of life and increases risk for psychiatric and medical disease, especially depression and anxiety. There are two forms of insomnia: secondary insomnia, in which it is comorbid with another condition such as psychiatric disorders, chronic pain conditions, or cardiopulmonary disorders, and primary insomnia, which does not coexist with any other disorder. This treatment program uses cognitive-behavioral therapy methods to correct poor sleep habits. CBT has been proven in multiple studies to improve sleep hygiene by reducing time spent in bed before sleep onset, reducing time spent
awake after first sleep onset, and increasing the quality and efficiency of sleep. Developed by the authors, this evidence based treatment can be used for both primary and secondary insomnia sufferers. Patients are first given information about healthy sleep and the reasons for improving sleep habits, then a behavioral program is developed to address that patient’s specific sleep problems. Use of sleep logs, assessment forms, and other homework (all provided in the corresponding workbook) allows client and therapist to work together to develop an effective sleep regimen tailored specifically for each client. Finally, several sessions are dedicated to increasing compliance and problem-solving.

TreatmentsThatWorkTM represents the gold standard of behavioral healthcare interventions! DT All programs have been rigorously tested in clinical trials and are backed by years of research DT A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date DT Our books are reliable and effective and make it easy for you to provide your clients with the best care available DT Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated DT A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources DT Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER) DT This book has been replaced by Making Cognitive-Behavioral Therapy Work, Third Edition, ISBN 978-1-4625-3563-7. By focusing on the cognitive-behavioral model and treatment options, Dugas and Robichaud present a detailed analysis of the etiology, assessment, and treatment of Generalized Anxiety Disorder (GAD). Cognitive-Behavioral Treatment for Generalized Anxiety Disorder: From Science to Practice provides a review of the empirical support for the different models of GAD. It includes a detailed description of the assessment and step-by-step treatment of GAD (including many examples of therapist-client dialogue), data on treatment efficacy in individual and group therapy, and concludes with a description of maintenance and follow-up strategies. This clinical reference and widely adopted text is recognized as the premier guide to understanding and treating frequently encountered psychological disorders in adults. Showcasing
evidence-based psychotherapy models, the volume addresses the most pressing question asked by students and practitioners—"How do I do it?" Leading authorities present state-of-the-art information on each clinical problem and explain the conceptual and empirical bases of their respective therapeutic approaches. Procedures for assessment, case formulation, treatment planning, and intervention are described in detail. Extended case examples with session transcripts illustrate each component of treatment. New to This Edition *Incorporates treatment innovations, the latest empirical findings, and changes to diagnostic criteria in DSM-5. *Chapter on acceptance-based treatment of generalized anxiety disorder. *Chapter on comorbid depression and substance abuse, demonstrating a transdiagnostic approach. *Chapter on sleep disorders. Presenting empirically tested and successful treatment programs for specific psychological disorders, each manual in this series targets problems and presents step-by-step treatment protocols that are easily implemented in practice. This book presents a brief cognitive-behavioral treatment approach that is suitable for use with individuals or groups suffering from Irritable Bowel Syndrome (IBS). Delineating a clear medical rationale, the authors help clinicians both to reduce the stigma associated with IBS and to overcome client resistance to psychological treatment. Effective techniques are outlined for helping clients manage anxiety, anger, and shame, enhance their self-efficacy and stress management skills, and alleviate gastrointestinal distress. There is still scant clinical information on trichotillomania. This book fills the need for a full-length cognitive-behavioral treatment manual. The authors share their considerable expertise in treating body-focused repetitive behavior disorders (not only hair-pulling but skin-picking and nail-biting as well) in an accessible, clinically valid reference. This is the first comprehensive, clinical, and empirically-based volume to address these disorders. Even the best grounding in the principles of psychotherapy can leave students poorly prepared for actual face-to-face work with clients. This is the only resource dedicated specifically to increasing the confidence and professional competence of graduate students and early career professionals who use cognitive behavioral therapy with children and adolescents. With accessible language, engaging humor, and step-by-step guidance on what to do and when to do it, the author walks students through the entire clinical process from initial consultation with young clients and their caregivers through the conclusion
of treatment. With a focus on promoting joy and meaning rather than merely eliminating pain, the book also integrates interventions from positive psychology literature with CBT techniques. The guide is replete with procedural instructions for each step of treatment along with suggested sample language and flexible scripts that can be tailored to the needs of individual clients. Brief rationales for each procedure describe how therapeutic interactions and statements support effective and ethical practices. Evidence-based CBT techniques address issues ranging from mood disorders to conduct and behavioral disorders and include such skills as externalizing the problem, behavioral activation, physiological calming and mindfulness, and happy/cop ing thoughts. Strategies that engage families in the therapeutic process are included, providing guidance on how to coach parents and other caregivers to participate in certain interventions and create a supportive environment. Pointers for dealing with common challenges such as resistant youth and caregivers include specific steps and sample scripts. Chapters offer ready-to-use forms, templates, worksheets, and client handouts. Key Features: Presents CBT-based techniques specifically for practicum and internship students and other trainee clinicians Fosters the development of confidence and competence in practicing CBT with youth Provides easy-to-read, step-by-step guidance including sample scripts that can be easily adapted Offers proven strategies for engaging families in the therapeutic process Delivers pointers for dealing with common treatment challenges Here is the first published manual for cognitive-behavioral group therapy for social phobia (CBGT), an empirically supported treatment approach that has been applied in clinical and research settings for over 20 years. The authors demonstrate how to orient clients to the approach; implement in-session exposures, cognitive restructuring techniques, and homework assignments; and overcome stumbling blocks in treatment. Filled with helpful clinical pointers, case examples, and therapist -- client dialogues, the book also includes sample handouts and forms. This book aims to bridge the gap between child cognitive behavioral therapy (CBT) as practiced in academic centers and its use in community settings. Because CBT is considered the gold standard in the treatment of a variety of child mental health conditions and has been evaluated in numerous randomized controlled trials, practitioners often face pressure to "do CBT" for children meeting criteria for certain disorders, especially anxiety and depression. This book
uses a step-by-step, practical approach to spell out child CBT assessment and treatment considerations that are often not detailed in treatment manuals but are highly relevant to community practitioners. With coverage of the latest theory and research, this is a complete guide to implementing cognitive behavioral group therapy for practitioners and trainees in a range of mental health disciplines. Presents evidence-based protocols for depression, panic, social anxiety, generalized anxiety, posttraumatic stress, OCD, compulsive hoarding, psychosis, and addiction. Provides innovative solutions for achieving efficient, effective therapy as mandated by emerging health care priorities, as well as trouble-shoots for common problems such as dropouts. Details unique strategies for working with ethnic minorities and clients across the age spectrum, along with material on mindfulness augmentation and transdiagnostic approaches. Includes clear, accessible instructions, complete with references to DSM-5 diagnostic changes, real-life clinical examples, and group session transcripts. CBT is a new, increasingly popular method of treatment that provides measurable results and is therefore reimbursed by insurance companies. Title is ahead of the curve, there's no competition. Concise, practical manual. Contains reader-friendly, role-playing exercises to apply to daily practice. The core of the treatment is the balance of acceptance and change strategies, both within each therapy interaction and over time. For problem solving with borderline personality disorder, the book provides specific strategies for contingency management, exposure, cognitive modification, and skills training. The last component is further elucidated in the companion Skills Training Manual, which programmatically details procedures and includes client handouts for step-by-step implementation. Finally, to enhance interpersonal communication, Dr. Linehan presents three case management sets: consultation to the patient, environmental intervention, and consultation to the therapist. Addressing the most stressful patient behaviors that clinicians encounter, the book includes a step-by-step outline for assessing suicide risk, managing suicide threats, and working with chronic suicidal behavior. In CBT Made Simple, two psychologists and experts in cognitive behavioral therapy (CBT) offer the ultimate “how-to” manual based on the principles of effective adult learning. Structured around these evidence-based principles, this user-friendly guide will help you learn CBT and deliver it to your clients in the most optimal way. CBT
is a popular and proven-effective treatment for several mental health disorders, including anxiety, depression, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD) and anger problems. However, there are no evidence-based learning techniques to teach it—until now. This simple, pragmatic guide offers everything you need to know about CBT: what it is, how it works, and how to implement it in session. CBT Made Simple provides a user-friendly, practical approach to learning CBT using up-to-the-minute teaching methods and learning tools—in particular, the “effective adult learning model,” which promotes interactive learning, experiential learning, and self-reflection. Each chapter presents key elements of CBT in clear, accessible language, and includes client dialogues—including explanations of the therapist’s thinking process in relation to various interventions—and clinical examples. Practical exercises are incorporated throughout, enabling you to practice and consolidate your learning. In addition, each chapter mimics the structure of an actual CBT session. If you are a clinician or student interested in learning more about CBT, this book—a new addition to the New Harbinger Made Simple series that includes ACT Made Simple and DBT Made Simple—has everything you need to hit the ground running. Why not make it a part of your professional library?

Treatment manual describing a 16-session program for the treatment of anxiety disorders, specifically generalized anxiety disorder, social phobia, and separation anxiety disorder, in children and young adolescents. Treatment's goal is to teach children to recognize signs of unwanted anxious arousal and to follow that recognition with the use of anxiety management strategies. Care clinicians, nurse specialists, and therapists; individual and group therapy manuals, in Spanish and English; patient-education brochures, in Spanish and English; patient-education videos, in Spanish and English; training agendas and materials; forms and worksheets; and quick-reference cards.

Subject Areas/Keywords: anger, approval seeking, assumptions, avoidance, basics, CBT, challenging, clinical practice, cognitive distortions, cognitive therapy, cognitive-behavioral therapy, CT, decision making, distortion, eliciting, emotion regulation, emotional processing, emotions, evaluating, examining, forms, homework, interventions, intrusive, logical errors, modifying, practitioners, psychotherapists, psychotherapy, schemas, self-criticism, skills, strategies, techniques, testing, therapists, thoughts, training DESCRIPTION This indispensable book has given many tens of thousands
of practitioners a wealth of evidence-based tools for maximizing the power of cognitive therapy and tailoring it to individual clients. Leading authority Robert L. Leahy describes ways to help clients identify and modify problematic thoughts, core beliefs, and patterns of worry, self-criticism, and approval-seeking; evaluate personal schemas; cope with painful emotions; and take action to achieve their goals. Each technique includes vivid case examples and sample dialogues. Featuring 125 reproducible forms, the print book has a large-size format for easy photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials. "--This innovative book is a treatment manual, describing the use of cognitive behaviour therapy (CBT) with schizophrenia and providing details of how this can be put into practice, safely and effectively, in a variety of settings. The book is essentially practical and is clearly written for a range of mental health care professionals. From leading scientist-practitioners, this pragmatic, accessible book provides a complete framework for individualized assessment and treatment of bipolar disorder. It addresses the complexities of working with individuals with broadly varying histories and clinical presentations, including those who have been recently diagnosed, those who are symptomatically stable, and those who struggle day to day to achieve symptom remission. Extensive case material illustrates proven strategies for conceptualizing patients' needs and working collaboratively to help them adhere to medication treatments, recognize the early warning signs of manic and depressive episodes, build coping skills, and manage specific symptoms. The second edition is a complete revision of the original volume, updated and restructured to be even more user friendly for clinicians. Well-Being Therapy (WBT) is the psychotherapeutic approach developed by Giovanni Fava, a world-renowned psychiatrist and psychotherapist, and the editor-in-chief of Psychotherapy and Psychosomatics. WBT is an innovative strategy that is based on monitoring psychological well-being, whereby the patient progressively learns how to make it grow. This type of therapy has enjoyed much success and is increasing in popularity around the world. The first part of this long-awaited book describes how the idea for WBT was formed, the first patient treated, and the current evidence that supports this approach. In Part II, Giovanni Fava provides the treatment manual of WBT, describing what each session entails, and includes many examples from his own cases. The last part
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covers some of the specific conditions for which WBT can be used and how sessions can be conducted. It includes sections on depression, mood swings, generalized anxiety disorder, panic and agoraphobia, and posttraumatic stress disorder. There is also information on the application of WBT in interventions in school settings. Throughout the book, Dr. Fava keeps things interesting by peppering his narrative with anecdotes from his medical career. The primary audience for this book is professionals within psychology, psychiatry, and other fields of medicine (e.g., family practice, pediatrics, and rehabilitation). However, the book is written in a relaxed, clear, and accessible style that also makes it of interest to counselors, educators, and family and friends of patients, not to mention patients themselves. This practical manual presents a cognitive-behavioral treatment program that has been proven effective in eliminating or alleviating OCD symptoms in children across a broad range of ages and aptitudes. Building upon and expanding their internationally acclaimed HOW I RAN OCD OFF MY LAND, the authors provide an empirically grounded guide to assessment, treatment planning, and skills-based intervention. Clinicians are taken through the four stages of treatment—psychoeducation, cognitive training, mapping OCD, and graded exposure and response prevention—in 13 to 20 clearly structured treatment sessions. The book is enriched by sample dialogues, "clinical pearls" drawn from the authors' own experience, and appendices featuring reproducible rating scales, patient handouts, and tips and resources for parents.

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Generalized Anxiety Disorder (GAD) is characterised by excessive anxiety and worry about everyday concerns such as work, family, relationships, finances, health, and safety. The worry is difficult to control; it lasts months and years rather than hours or days, and is accompanied by a variety of additional symptoms including restlessness, irritability, fatigue, muscle tension, and difficulties concentrating and sleeping. The worry and anxiety in GAD is distressing and disabling. People who worry in a maladaptive way benefit from good, proactive treatment, and that is the focus of this book. It begins by tracing the history of GAD. It then looks at the effectiveness of pharmacological and psychological treatments and favours the latter. In chapter 4, contemporary models of GAD are listed and new
developments in cognitive behaviour therapy (CBT) are explored. This chapter may be particularly applicable to the difficult-to-get-better patient. A clinician’s guide to treatment is then presented which covers assessment, formulation, and the beneficial and problematic steps in CBT. Finally there is a patients' treatment manual that can be used as a curriculum for individual or group therapy, or it can be copied and provided to patients to work though on their own. 'Treatment of generalized anxiety disorder' is a short, accessible, and practical guide for any therapist who has to deal with this debilitating problem. This practical resource provides an evidence-based framework for treating clients struggling with perfectionism, whether as the main presenting problem or in conjunction with depression, eating disorders, anxiety disorders, or obsessive-compulsive disorder. Using a case formulation approach, the authors draw on their extensive cognitive-behavioral therapy (CBT) experience to present specific techniques and interventions. Coverage spans treatment planning, the therapeutic alliance, key obstacles that may arise, relapse prevention, and emerging research. Reproducible assessment scales and 36 patient handouts are included; purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2'' x 11'' size. Grounded in current clinical and neurobiological research, this book provides both an understanding of posttraumatic stress disorder (PTSD) and a guide to empirically supported treatment. The author offers well-documented, practical recommendations for planning and implementing cognitive-behavioral therapy with people who have experienced different types of trauma—sexual assault, combat, serious accidents, and more—and shows how to use a case formulation approach to tailor interventions to the needs of each patient. Coverage includes different conceptual models of PTSD, approaches to integrating psychopharmacology into treatment, and strategies for addressing frequently encountered comorbid conditions. Illustrated with helpful case examples, the book features over a dozen reproducible handouts and forms.

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