



Cognitive-Behavioral Therapies with Lesbian, Gay, and Bisexual Clients

Christopher R. Martell, Steven A. Safren, Stacey E. Prince

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This book provides a framework for affirmative, empirically supported cognitive-behavioral therapy (CBT) with lesbian, gay, and bisexual clients. Guidelines for competent assessment and treatment are integrated with practical descriptions of widely used CBT applications. In addition to presenting powerful treatment tools for depression, anxiety, and other problems encountered by gay and straight clients alike, the book offers clear-cut guidance on helping individuals and couples cope with the stresses of sexual minority status. Rich case illustrations bring to life the diversity of lesbian and gay communities, highlighting commonalities as well as differences among the issues that clients bring to therapy. Filling a crucial gap in the literature, this is an important resource for therapists in a range of settings, from CBT newcomers to experienced practitioners. Appendices include resources and sample client and therapist forms.

Winner--APA Division 44 Distinguished Book Award in Lesbian, Gay, and/or Bisexual Psychology

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