



Learning Cognitive-Behavior Therapy: An Illustrated Guide

Jesse H. Wright, Monica Ramirez Basco, Michael E. Thase

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Through lavish use of video, tables and charts, learning exercises, troubleshooting examples, and practical tips for getting the most from treatment interventions, Learning Cognitive-Behavior Therapy: An Illustrated Guide is designed to help both students and practitioners master the core methods of this proven form of psychotherapy. This easy-to-use guidebook offers full explanations of the most effective behavioral methods; a program designed for achieving competency that covers both basic methods for patients with depression and anxiety and advanced techniques for patients with bipolar disorder, psychoses, and eating and personality disorders; an integrated cognitive-behavioral/biological/interpersonal model for treatment; and instructions on fully integrating CBT with psychopharmacological intervention, as well as formulation and treatment methods endorsed by the Academy of Cognitive Therapy. Written by seasoned cognitive-behavior therapists who also demonstrate CBT methods on the accompanying DVD, Learning Cognitive-Behavior Therapy: An Illustrated Guide is indisputably the essential resource for students of multiple disciplines and practitioners who wish to learn the invaluable techniques of CBT.



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