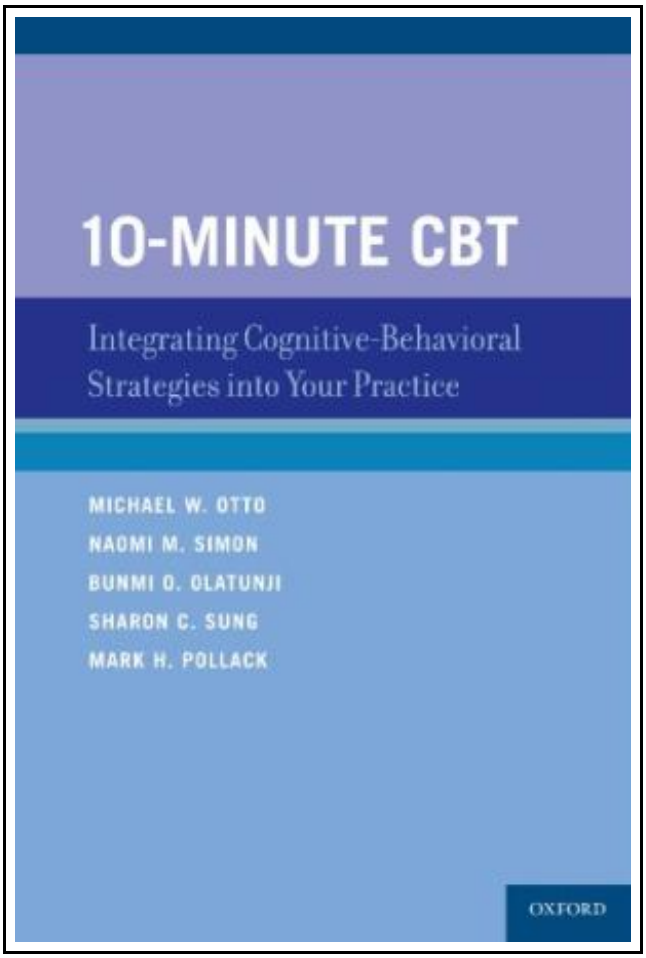
10-minute CBT: Integrating Cognitive-behavioral Strategies into Your Practice



Filesize: 5.65 MB

Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).

(Myrl Hintz)

10-MINUTE CBT: INTEGRATING COGNITIVE-BEHAVIORAL STRATEGIES INTO YOUR PRACTICE

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Oxford University Press Inc, United States, 2011. Paperback. Book Condition: New. 232 x 154 mm. Language: English . Brand New Book ***** Print on Demand *****.It is well-established that cognitive-behavioral therapy (CBT) is a rich and effective tool for treating a range of anxiety and mood disorders and behavioral disturbances. Most clinicians, however, have not been formally trained in how to administer CBT, and integrating one of the many available manuals detailing week-by-week protocols into their individual clinical practices is a daunting task. Whether brief interventions are desired for use in medication visits or whether key elements of CBT are needed for use in an eclectic treatment practice, clear instruction is needed on how to improve patient outcomes by adapting key components of cognitive-behavioral interventions. 10-Minute CBT provides such guidance with a clear and straightforward account of the principles of CBT that fit into the realities of current practice for clinicians from any interventional perspective. Instead of offering a full regimented program of treatment, this book provides the philosophy and elements of CBT so that select targeted interventions can be integrated into already-established clinical practice. This book offers a comprehensive overview of disorder-specific strategies and core principles of CBT, as well as the empirical base that supports these principles. Other features include therapist-patient dialogues, an intervention troubleshooting guide, and treatment principle boxes that provide rapid identification of key concepts. Written by a team of experts representing a range of practice formats, this book offers tools that will make CBT accessible to and employable by all practitioners who wish to incorporate elements of CBT into their treatment.

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