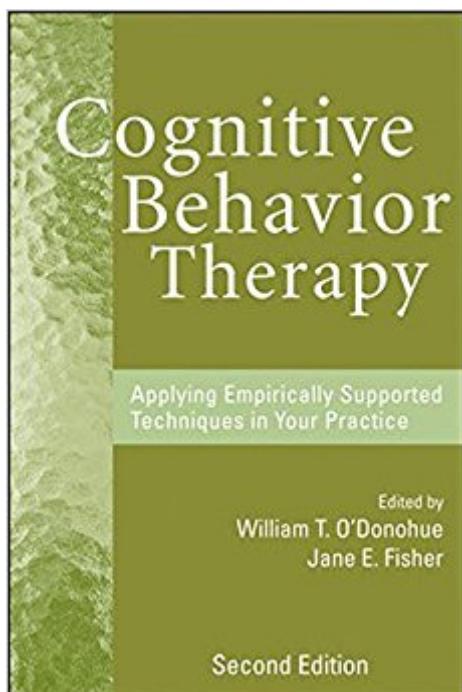


The book was found

Cognitive Behavior Therapy: Applying Empirically Supported Techniques In Your Practice



Synopsis

Proven to be highly effective for the treatment of a wide range of problems, cognitive-behavior therapy is the most widely used psychotherapeutic technique. Building on the success of the previous edition, *Cognitive Behavior Therapy, Second Edition* presents specific direction for cognitive behavior therapy techniques. Fully updated and expanded, this edition contains contributions from world-renowned experts on problems including smoking cessation, stress management, and classroom management. Its step-by-step illustrations create a hands-on reference of vital cognitive-behavioral therapy skills. This reference is essential for psychologists, counselors, and social workers.

Book Information

Hardcover: 672 pages

Publisher: Wiley; 2 edition (December 31, 2008)

Language: English

ISBN-10: 0470227788

ISBN-13: 978-0470227787

Product Dimensions: 7.4 x 1.9 x 10.4 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #412,553 in Books (See Top 100 in Books) #53 inÂ Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy #435 inÂ Books > Textbooks > Social Sciences > Psychology > Cognitive Psychology #732 inÂ Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Psychiatry

Customer Reviews

The book serves a good reference for essential CBT skills, with easy-to-understand format and step-by-step illustrations. For experienced clinician with solid theoretical background, it can serve as a quick reference and reminder for good tools available in our hands.

Excellent resource book for all health psychologists. This book will be a staple reference book on my shelf. Great source of a practical strategies that are empirically sound.

This practical book gives the clinician research-based techniques that are effective for a variety of diagnoses, to include enuresis, panic disorder, depression, and skills acquisition for the

developmentally delayed. There are 60 chapters on individual therapies for a wide range of problems, such as smoking cessation, stress management, and classroom management. This compilation contains submissions authored by experts in their particular treatment approach. A handy desk reference for the CBT practitioner.

Each chapter consists of short readings and tables! Textbook: Cognitive Behavior Therapy: Applying Empirically Supported Techniques in Your Practice [Hardcover] William T. O'Donohue (Editor), Jane E. Fisher (Editor)

Great book, very comprehensive. Needed to buy it for a class but I am keeping this for future use. Several great case studies are included as well as excellent rational for different therapeutic interventions.

[Download to continue reading...](#)

Cognitive Behavior Therapy: Applying Empirically Supported Techniques in Your Practice
Organizational Skills Training for Children with ADHD: An Empirically Supported Treatment Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Blending Play Therapy with Cognitive Behavioral Therapy: Evidence-Based and Other Effective Treatments and Techniques 42 Rules for Applying Google Analytics: 42 Rules for Applying Google Analytics Learn: Cognitive Psychology - How to Learn, Any Skill or Subject in 21 Days! (Learn, Learning Disability, Learning Games, Learning Techniques, Learning ... Learning, Cognitive Science, Study) Cognitive Therapy Techniques for Children and Adolescents: Tools for Enhancing Practice Cognitive Behavior Therapy, Second Edition: Basics and Beyond Behavioral Interventions in Cognitive Behavior Therapy: Practical Guidance for Putting Theory Into Action Cognitive Behavior Therapy of DSM-5 Personality Disorders: Assessment, Case Conceptualization, and Treatment Behavioral Interventions in Cognitive Behavior Therapy: Practical Guidance for Putting Theory Into Action, Second Edition Adults on the Autism Spectrum Leave the Nest: Achieving Supported Independence Cognitive Behavioral Therapy: Techniques for Retraining Your Brain, Break Through Depression, Phobias, Anxiety, Intrusive Thoughts (Training Guide, Self-Help, Exercises) Of Space and Mind: Cognitive Mappings of Contemporary Chicano/a Fiction (Cognitive Approaches to Literature and Culture) Cognitive Behavioral Therapy (CBT): 9 Powerful Techniques to Cure Negative Thoughts, Anxiety & Depression [**FREE GIFT** Instant Transformational Hypnotherapy Masterclass] Clinical Practice

of Cognitive Therapy with Children and Adolescents: The Nuts and Bolts Clinical Practice of Cognitive Therapy with Children and Adolescents, Second Edition: The Nuts and Bolts Trading Chaos: Applying Expert Techniques to Maximize Your Profits (A Marketplace Book) Cognitive Behavioral Therapy: Break Through Depression, Free Yourself From Anxiety, And Understand Why You Don't "Feel Normal" - UNLEASH YOUR INNER GREATNESS

[Dmca](#)