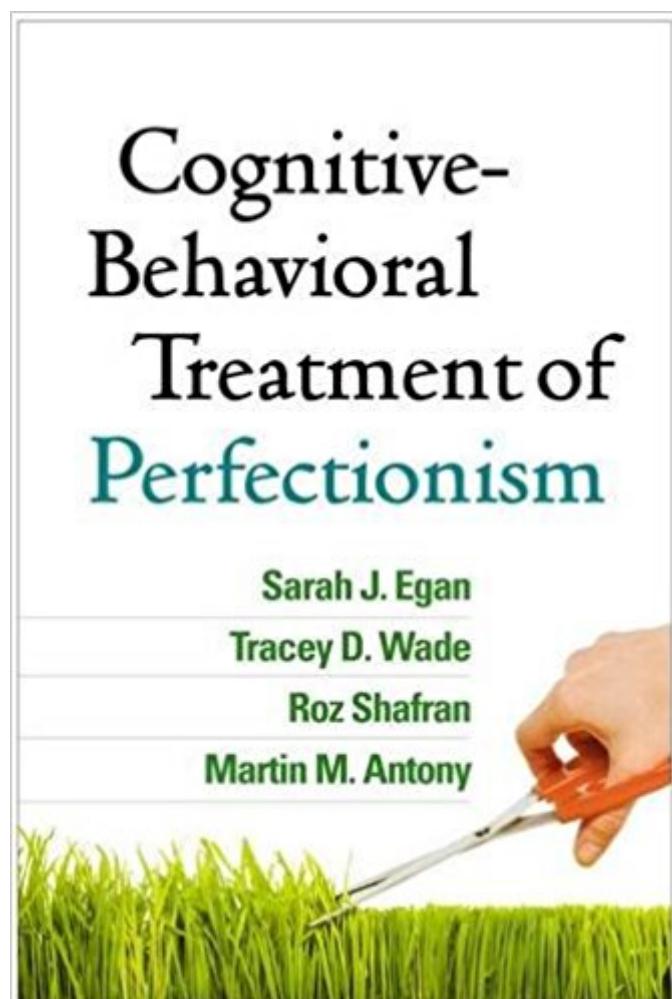


The book was found

Cognitive-Behavioral Treatment Of Perfectionism



Synopsis

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.

Book Information

Paperback: 402 pages

Publisher: The Guilford Press; Reprint edition (June 29, 2016)

Language: English

ISBN-10: 1462527647

ISBN-13: 978-1462527649

Product Dimensions: 5.9 x 1 x 8.9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #299,362 in Books (See Top 100 in Books) #38 inÂ Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy #239 inÂ Books > Textbooks > Social Sciences > Psychology > Neuropsychology #515 inÂ Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Psychiatry

Customer Reviews

I'm a licensed social worker and an avid reader, but this was just too much for me though I was really interested because I suffer from perfectionism. It also refers to a lot of tests or forms that the average person is unable to access for free. A lot of the information I had already read online, but there was a lot of new things too, but I think there's so much, and it's pretty boring, so I gave up in the middle of the book and that's not like. I might not have been into it too much because a lot of their stories were about people that take perfectionism to the extreme. I don't think I would recommend this book unless this is all you are going to see and only in extreme forms at your practice, and only if you have money to access the tests and forms. Then, I would make sure you are awake or alert to the 10th degree.

This was a much needed treatment manual in the field with various exercises, examples, metaphors, worksheets, and assessment tools. Informative, useful, and practical - highly recommended for those difficult-to-treat perfectionism cases. I have been thankful to have it as a guide.

Outstanding book

very informative!

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