

[PDF] Cognitive Behavior Therapy, Second Edition: Basics And Beyond

Judith S. Beck - pdf download free book



Books Details:

Title: Cognitive Behavior Therapy, S
Author: Judith S. Beck
Released:
Language:
Pages: 391
ISBN: 1609185048
ISBN13: 9781609185046
ASIN: 1609185048

[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

The leading text for students and practicing therapists who want to learn the fundamentals of cognitive behavior therapy (CBT), this book is eminently practical and authoritative. In a highly accessible, step-by-step style, master clinician Judith S. Beck demonstrates how to engage patients, develop a sound case conceptualization, plan treatment, and structure sessions effectively. Core

cognitive, behavioral, and experiential techniques are explicated and strategies are presented for troubleshooting difficulties and preventing relapse. An extended case example and many vignettes and transcripts illustrate CBT in action. Reproducible clinical tools can be downloaded and printed in a convenient 8 1/2" x 11" size.

See also Dr. Beck's *Cognitive Therapy for Challenging Problems: What to Do When the Basics Don't Work*, which addresses ways to solve frequently encountered problems with patients who are not making progress.

New to This Edition

*Reflects over 15 years of research advances and the author's ongoing experience as a clinician, teacher, and supervisor.

*Chapters on the evaluation session and behavioral activation.

*Increased emphasis on the therapeutic relationship, building on patients' strengths, and homework.

*Now even more practical: features reproducibles and a sample case write-up.

-
- Title: Cognitive Behavior Therapy, Second Edition: Basics and Beyond
 - Author: Judith S. Beck
 - Released:
 - Language:
 - Pages: 391
 - ISBN: 1609185048
 - ISBN13: 9781609185046
 - ASIN: 1609185048
-