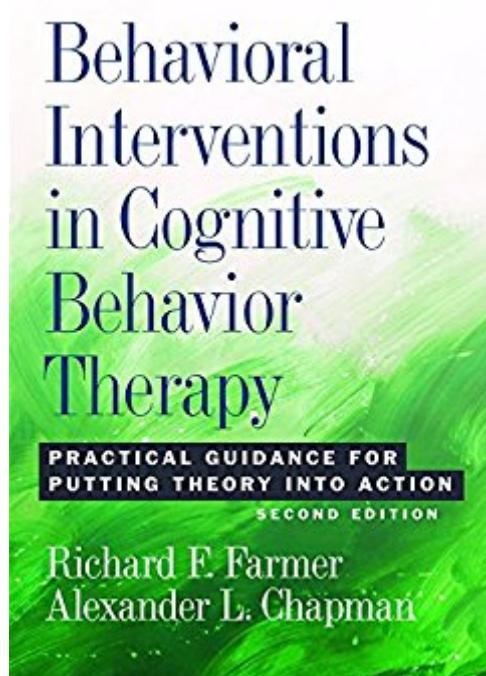


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Behavioral Interventions In Cognitive Behavior Therapy: Practical Guidance For Putting Theory Into Action, Second Edition



Synopsis

This book offers a step-by-step guide to behavioral interventions in cognitive behavior therapy (CBT). The authors discuss case formulation and treatment planning, core behavioral intervention strategies, and innovative approaches such as acceptance, mindfulness, and a behavioral approach to cognition. They examine key behavioral techniques including self-monitoring, behavioral activations, exposure therapy, and skills training, that are essential features of CBT practice. This practical behavioral framework is accessible to clinicians and students with varying degrees of behavioral training. Alongside a comprehensive update of the research literature, this edition features new chapters on enhancing interpersonal effectiveness, emotion regulation, and navigating difficult therapeutic challenges.

Book Information

File Size: 3391 KB

Print Length: 432 pages

Publisher: American Psychological Association; 2 edition (August 17, 2015)

Publication Date: October 27, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B017HWQI04

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #678,897 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #55 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Movements > Cognitive Behavioral Therapy #105 in Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy #681 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Clinical Psychology

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This is an excellent book for clinicians looking to develop a strong foundation in Cognitive Behavioral Therapy. Tara L. Myers, MS, LPCCDBT TherapistCenter for Evidence Based TreatmentOrange County, CA

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