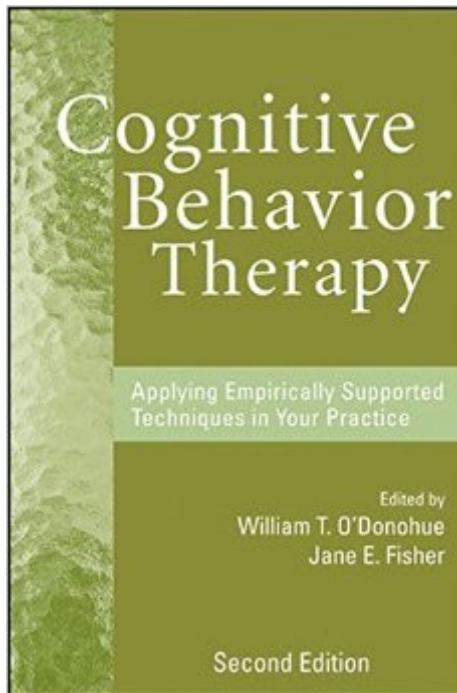


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# Cognitive Behavior Therapy: Applying Empirically Supported Techniques In Your Practice



## 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

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## 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 rationale for different therapeutic interventions.

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