Cognitive Behavioral Therapy for Clinicians

The Psychotherapy in Clinical Practice series incorporates essential therapeutic principles into clinically relevant patient management. This second volume, Cognitive Behavioral Therapy for Clinicians, familiarizes clinicians with the theory and clinical use of cognitive behavioral therapy.

The book explains the historical development and theoretical foundations of cognitive behavioral therapy, the importance of individual case conceptualization, the patient-therapist relationship, the therapeutic process, and specific treatment techniques and presents models for the treatment of common psychiatric disorders, including depression, bipolar disorder, panic disorder, social phobia, and personality disorders. Several cases are presented at the beginning of the book and discussed as examples throughout the text.

Publication Year: 2006
Edition: 1st Ed.
Author/Editor: Sudak, Donna M.
Publisher: Lippincott Williams & Wilkins (LWW)
Doody's Star Rating®: ★★★ Score: 67
Platform: Ovid
Product Type: Book
Speciality: Clinical Psychology, Primary Care/Family Medicine/General Practice, Psychiatric/Mental Health Nursing, Psychiatry, Psychopharmacology
Language: English
Pages: 180
Illustrations: 0
Included In: Lippincott Williams & Wilkins Classic Book Collection 2018, Lippincott Williams & Wilkins Pharmacology Book Collection