This user-friendly guide will help the clinician develop cognitive-behavioral treatment plans for 11 common psychological disorders, e.g., major depressive disorder, generalized anxiety, borderline personality disorder, anger problems.

Based on a problem-solving model and empirical literature, the authors focus on two major clinical tasks involved in this process: case formulation and treatment design. They delineate short-term goals, long-term goals, treatment targets, and potential interventions.