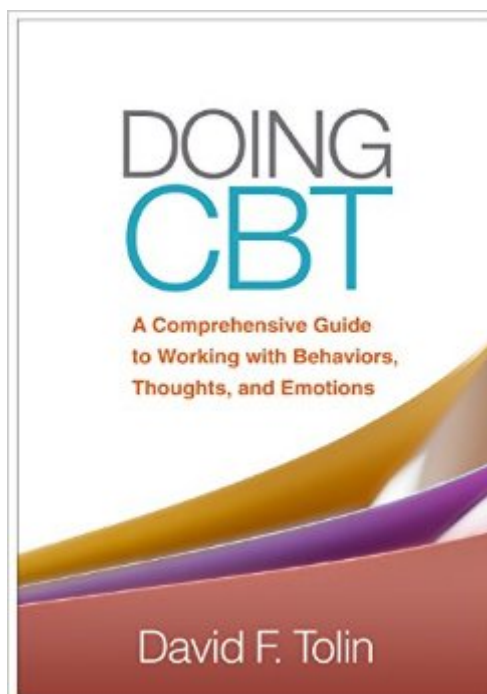


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# Doing CBT



## Synopsis

This accessible text and practitioner resource provides a complete introduction to the art and science of cognitive-behavioral therapy (CBT). In a witty, straight-talking style, David F. Tolin explains core concepts and presents effective techniques for addressing the behavioral, cognitive, and emotional elements of psychological problems. Vivid examples of several clients are followed throughout the book, which concludes with three chapter-length case illustrations. Readers gain essential skills for conceptualizing a case, planning treatment, and conducting therapy, from intake to termination. Reproducible forms and worksheets are included; purchasers get access to a Web page where they can download and print all 39 reproducible tools in a convenient 8 1/2" x 11" size.

**Pedagogical Features:** \*Numerous engaging sidebars: Try This, The Science Behind It, Adapting the Process, and more. \*End-of-chapter Personal Target Worksheets that enable self-practice of core CBT skills. \*Quick-reference definitions of key terms.

## Book Information

File Size: 12145 KB

Print Length: 594 pages

Publisher: The Guilford Press; 1 edition (June 17, 2016)

Publication Date: June 17, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01H7NSQ8A

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #514,242 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46

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