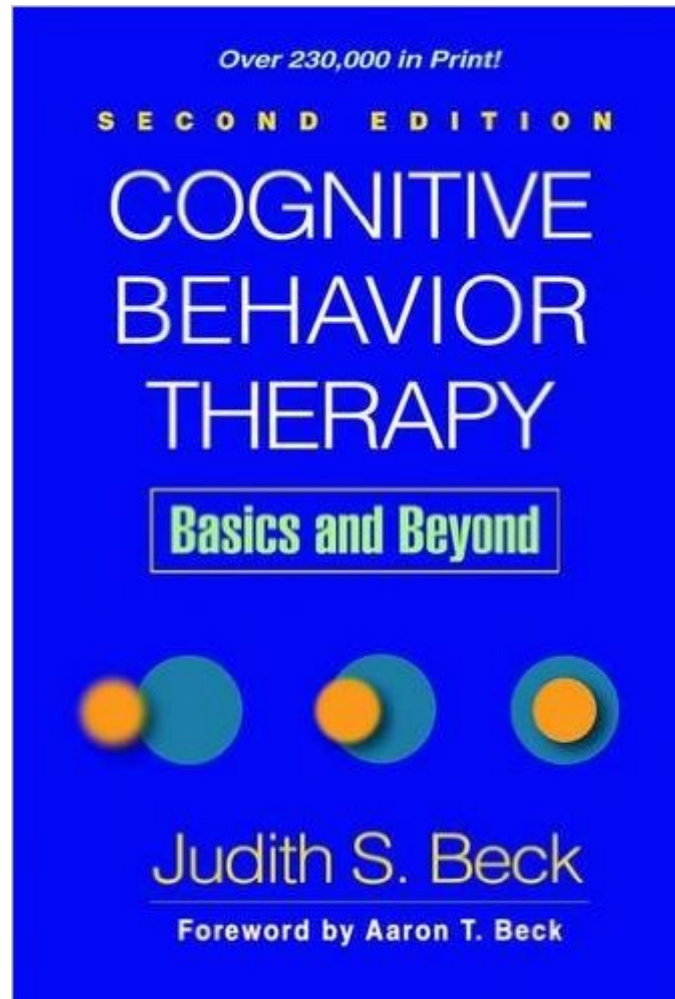


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# Cognitive Behavior Therapy, Second Edition: Basics And Beyond



## Synopsis

The leading text for students and practicing therapists who want to learn the fundamentals of cognitive behavior therapy (CBT), this book is eminently practical and authoritative. In a highly accessible, step-by-step style, master clinician Judith S. Beck demonstrates how to engage patients, develop a sound case conceptualization, plan treatment, and structure sessions effectively. Core cognitive, behavioral, and experiential techniques are explicated and strategies are presented for troubleshooting difficulties and preventing relapse. An extended case example and many vignettes and transcripts illustrate CBT in action. Reproducible clinical tools can be downloaded and printed in a convenient 8 1/2" x 11" size. See also Dr. Beck's *Cognitive Therapy for Challenging Problems: What to Do When the Basics Don't Work*, which addresses ways to solve frequently encountered problems with patients who are not making progress. **New to This Edition**

- \*Reflects over 15 years of research advances and the author's ongoing experience as a clinician, teacher, and supervisor.
- \*Chapters on the evaluation session and behavioral activation.
- \*Increased emphasis on the therapeutic relationship, building on patients' strengths, and homework.
- \*Now even more practical: features reproducibles and a sample case write-up.

## Book Information

Hardcover: 391 pages

Publisher: The Guilford Press; 2nd edition (July 13, 2011)

Language: English

ISBN-10: 1609185048

ISBN-13: 978-1609185046

Product Dimensions: 1.2 x 6.2 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

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## Customer Reviews

Judith Beck's book is like a playbook for psychotherapy. Imagine a football team where the coaches never drew up plays and the quarterback never established any expectations about what would happen after the ball was snapped. What is the common factor in sports teams that don't develop a

cohesive strategy and don't collaborate and work together on common goals? They lose. They fail to achieve their objectives. They're left sad and burned out watching others win championships. The same holds true for psychotherapy. Offering support, building a relationship or "establishing rapport" is only one piece of an effective game plan. Psychotherapists who line up for their sessions unprepared and without a plan or coherent case conceptualization are doing a serious disservice to those they are suppose to serve. They are setting themselves up to be in situations where they hope to connect on Hail Mary passes or complete next to impossible 50+ yard field goals.

Ultimately, their sessions may fail to rise to "greatness." Good sports teams not only focus on the fundamentals, they execute on their gameplans as opposed to simply talking a good game. A good therapist should also have a "game plan." You can now get 12 Continuing Education credits from PsychContinuingEd.com for reading the book Cognitive Behavior Therapy, Second Edition: Basics and Beyond (book sold separately here at ). The quiz is based on the latest version published in July, 2011. This is not a boring, overly theoretical workout like some books tend to be. This is a "psychotherapy playbook" packed with useful techniques and guidance on how to structure the entire course of Cognitive Behavior Therapy.

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