

Handbook Of Cognitive Behavioral Therapies Second Edition

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~~Handbook of Cognitive Behavioral Therapies~~

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Abstract. This Handbook provides a contemporary and comprehensive illustration of the wide range of evidence-based psychotherapy interventions currently subsumed under the rubric of cognitive and behavioral therapies (C&BT). Currently there exists a wide selection of strategies and approaches for various clinical problem areas, as well as several interventions designed to promote living well, achieving life goals, and building one's resilience.

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The Wiley Handbook of Cognitive Behavioral Therapy provides the most comprehensive collection of CBT approaches to a range of mental disorders. As well as being an ideal training resource for clinicians, it is packed with theory-based and clinically effective treatment protocols, covering CBT praxis and disorder-specific techniques across the mental health spectrum.

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This acclaimed text and practitioner reference presents an authoritative overview of major models of cognitive-behavioral therapy (CBT). Foremost treatment developers explain core CBT principles and provide a framework for systematic assessment, case conceptualization, and treatment planning. Scholarly yet accessible chapters on each therapy detail what makes the approach unique, which ...

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Dr. Dobson has published over 300 articles and chapters and numerous books, including Evidence-Based Practice of Cognitive-Behavioral Therapy, Second Edition; Handbook of Cognitive-Behavioral Therapies, Fourth Edition; and The Therapeutic Relationship in Cognitive-Behavioral Therapy. He is President (2017–2020) of the Canadian Association of Cognitive and Behavioural Therapies and past president of the Canadian Psychological Association (CPA), the Academy of Cognitive Therapy, and the ...

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The Handbook of Cognitive Behavioral Therapy for Pediatric Medical Conditions is an essential resource for researchers and

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