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## Learning Cognitive-Behavior Therapy: An Illustrated Guide (Paperback)

By Jesse H. Wright, Gregory K. Brown, Michael E. Thase

American Psychiatric Association Publishing, United States, 2017. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. Building on its successful read-see-do approach, this second edition of Learning Cognitive-Behavioral Therapy: An Illustrated Guide seamlessly combines 23 all-new videos with informative text and figures, charts, worksheets, checklists, and tables to help readers not only learn the essential skills of CBT but achieve competence in this important evidence-based treatment method. Opening with an overview of core cognitive-behavior therapy (CBT) theories and techniques, leading CBT practitioners then describe and demonstrate how to build effective therapeutic relationships with CBT, conceptualize a case with the CBT model, structure sessions, and resolve common problems encountered in CBT. This updated, second edition of the best-selling and highly popular Learning Cognitive-Behavioral Therapy also features:
 

- Ways to employ CBT to reduce suicide risk
- Guidance on integrating therapies related to CBT -- including dialectical behavior therapy, mindfulness-based cognitive therapy, and well-being therapy -- in the context of personality disorders and chronic or recurrent depression
- An appendix of curated resources by the expert authors -- recommended readings, computer programs, Web sites, videos, and organizations -- to give readers access to the best resources in building competence in CBT practice...



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### Reviews

*An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. It's been written in an exceptionally basic way and it is only right after I finished reading this ebook in which it in fact modified me, affected the way I really believe.*

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*Extremely helpful for all class of individuals. Better than never, though I am quite late in starting reading this one. I realized this publication from my dad and he suggested this ebook to discover.*

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