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Guide To Using The Five Areas  
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# **Cbt A Clinicians Guide To Using The Five Areas Approach**

As a mental health professional,  
it can be difficult to help

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anxious clients face their fears and anxieties. Exposure therapy is widely appreciated as one of the most effective therapeutic treatments for anxiety spectrum disorders; however, it is often underutilized due to problems

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that present themselves during treatment, such as client unwillingness or hesitancy, or a lack of understanding on the professional's part regarding targeted applications. The Clinician's Guide to Exposure

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Therapies for Anxiety Spectrum Disorders offers guidance in creating specific exposure exercises for clients' individual fears and phobias, as well as tools to help you and your clients overcome common

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roadblocks that arise during exposure therapy. In addition, this clinician's guide presents detailed solutions and specific exposure strategies for the most common fears and phobias clients experience. You will

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learn to implement exposure therapy and integrate it with other evidence-based practices, such as cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment

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therapy (ACT). The book also includes reproducible worksheets you can use to help clients develop hierarchies of exposure and information about using prolonged exposure therapy for post-traumatic

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stress disorder. If you are looking for a powerful resource for treating anxiety disorders, this is it.

The Clinician's Guide to Anxiety Sensitivity Treatment and Assessment provides evidence-



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based strategies for clinicians looking to treat, assess and better understand anxiety sensitivity in their patients. The book delivers detailed guidance on the theoretical background and empirical support for

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anxiety sensitivity treatment methods, assessment strategies, and how clinicians can best prepare for sessions with their clients. Bolstered by case studies throughout, it highlights anxiety sensitivity as

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a transdiagnostic risk factor while also looking at the importance of lower-order sensitivity factors (physical, social, cognitive) in treatment planning, implementation and evaluation. Examines anxiety

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sensitivity as a transdiagnostic risk factor Provides an overview of clinical assessment strategies, such as self-report and behavioral Highlights the importance of lower-order anxiety sensitivity factors for

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treatment Outlines strategies  
for effective implementation of  
exposure therapy Looks at  
computerized treatment  
methods Includes a companion  
website that features scripts  
and worksheets for clinical use

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In CBT Made Simple, two psychologists and experts in cognitive behavioral therapy (CBT) offer the ultimate “how-to” manual based on the principles of effective adult learning. Structured around

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these evidence-based principles, this user-friendly guide will help you learn CBT and deliver it to your clients in the most optimal way. CBT is a popular and proven-effective treatment for several mental

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health disorders, including anxiety, depression, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD) and anger problems. However, there are no evidence-based learning techniques to



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teach it—until now. This simple, pragmatic guide offers everything you need to know about CBT: what it is, how it works, and how to implement it in session. CBT Made Simple provides a user-friendly,

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practical approach to learning CBT using up-to-the-minute teaching methods and learning tools—in particular, the “effective adult learning model,” which promotes interactive learning,

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experiential learning, and self-reflection. Each chapter presents key elements of CBT in clear, accessible language, and includes client dialogues—including explanations of the therapist's

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thinking process in relation to various interventions—and clinical examples. Practical exercises are incorporated throughout, enabling you to practice and consolidate your learning. In addition, each

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chapter mimics the structure of an actual CBT session. If you are a clinician or student interested in learning more about CBT, this book—a new addition to the New Harbinger Made Simple series that

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includes ACT Made Simple and DBT Made Simple—has everything you need to hit the ground running. Why not make it a part of your professional library?

Discover simple yet powerful

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steps you can take to overcome emotional distress--and feel happier, calmer, and more confident. This life-changing book has already helped more than 1,200,000 readers use cognitive-behavioral

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therapy--one of today's most effective forms of psychotherapy--to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and



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relationship problems. Revised and expanded to reflect significant scientific developments of the past 20 years, the second edition contains numerous new features: expanded content on

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anxiety; chapters on setting personal goals and maintaining progress; happiness rating scales; gratitude journals; innovative exercises focused on mindfulness, acceptance, and forgiveness; 25 new

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worksheets; and much more.

Mind Over Mood will help  
you: \*Learn proven, powerful,  
practical strategies to  
transform your life. \*Follow step-  
by-step plans to overcome  
depression, anxiety, anger,

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guilt, and shame.\*Set doable personal goals and track your progress (you can photocopy the worksheets from the book or download and print additional copies).\*Practice your new skills until they

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become second nature. Cited as  
“The Most Influential Cognitive-  
Behavioral Therapy  
Publication” by the British  
Association for Behavioural and  
Cognitive Psychotherapies and  
included in the UK National

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Health Service Bibliotherapy  
Program. Winner (Second  
Place)--American Journal of  
Nursing Book of the Year  
Award, Consumer Health  
Category See also the Spanish-  
language edition: El control de

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tu estado de ánimo, Segunda edición. Plus, mental health professionals, see also The Clinician's Guide to CBT Using Mind Over Mood, Second Edition.

A CBT Practitioner's Guide to

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ACT

The Internet and CBT

A Cognitive-Behavioral Therapy

Approach, Clinician Guide

The Clinician's Guide to

Treating Health Anxiety

A Comprehensive Guide to



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Working with Behaviors,  
Thoughts, and Emotions  
Change How You Feel by  
Changing the Way You Think  
*Psychosis can be associated  
with a variety of mental health  
problems, including*

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*schizophrenia, severe depression, bipolar disorder, anxiety, and post-traumatic stress disorders. While traditional treatments for psychosis have emphasized medication-based strategies,*

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*evidence now suggests that individuals affected by psychosis can greatly benefit from psychotherapy. Treating Psychosis is an evidence-based treatment guide for mental health professionals working*

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*with individuals affected by psychosis. Using a cognitive behavioral therapy (CBT) approach that incorporates acceptance and commitment therapy (ACT), compassion-focused therapy (CFT) and*

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*mindfulness approaches, this book is invaluable in helping clinicians develop effective treatment for clients affected by psychosis. The guide provides session-by-session clinical interventions for use in*

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*individual or group treatment on an inpatient, outpatient, or community basis. The book features 40 reproducible clinical practice forms and a companion website with additional downloadable clinical*

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*forms and tools, guided exercises, case examples, and resources. The therapeutic approaches presented are rooted in theory and research, and informed by extensive clinical experience working*

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*with client populations affected by psychosis. The approaches outlined in this book offer clinicians and clients the opportunity to partner in developing therapeutic strategies for problematic*



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*symptoms to enable those affected by psychosis to work toward valued goals and ultimately live more meaningful lives. This guide emphasizes a compassionate, de-stigmatizing approach that integrates*

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*empowering and strengths-oriented methods that place the client's values and goals at the center of any therapeutic intervention.*

*This book is essential reading for practitioners involved in*

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*introducing the use of cognitive behavioural therapy (CBT) into their clinical practice and making it truly accessible to practitioners and patients alike. It covers: How to support someone in 10, 20 or 60*

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*minutes using the successful  
and proven five areas model  
The challenges faced and how  
to overcome these when  
working using guided CBT self-  
help How to offer support face  
to face, or using telephone,*

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*email, or classes Practical  
information and advice for all  
those wishing to use the five  
areas guided CBT interventions  
in their clinical practice How to  
introduce, support and review  
progress using the Plan, Do,*

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*Review model A description of the wide range of five areas resources and how to use them with patients Support scripts and linked online resources The book provides a proven delivery model for wider dissemination*

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*of this evidence-based CBT approach. It is essential reading for general practitioners, psychologists, psychological well-being practitioners (PWPs), self-help support workers, coaches, counsellors, nurses,*

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*occupational therapists,  
teachers, psychiatrists,  
condition management/back to  
work teams, managers and  
commissioners and other  
practitioners wishing to  
incorporate CBT as part of their*



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*practice and services.*

*From leading cognitive-behavioral therapy (CBT) experts, this book describes ways to tailor empirically supported relationship factors that can strengthen*

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*collaboration, empiricism, and Socratic dialogue and improve outcomes. In an accessible style, it provides practical clinical recommendations accompanied by rich case examples and self-reflection*

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*exercises. The book shows how to use a strong case conceptualization to decide when to target relationship issues, what specific strategies to use (for example, expressing empathy or requesting client*

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*feedback), and how to navigate the therapist's own emotional responses in session. Special topics include enhancing the therapeutic relationship with couples, families, groups, and children and adolescents.*

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*Several reproducible worksheets can be downloaded and printed in a convenient 8 1/2- x 11- size.*

*Interest in acceptance and commitment therapy (ACT) is expanding rapidly. Many of*

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*those who are interested in ACT are trained using a mechanistic cognitive behavioral therapy model (or MCBT). Utilizing both ACT and MCBT together can be difficult, because the approaches make different*

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*philosophical assumptions and have different theoretical models. The core purpose of the book is to help provide a bridge between ACT and MCBT. The emphasis of this book will be applied psychology, but it will*

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*also have important theoretical implications. The book will highlight where ACT and MCBT differ in their predictions, and will suggest directions for future research. It will be grounded in current research*



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*and will make clear to the reader what is known and what has yet to be tested. The core theme of A CBT-Practitioner's Guide to ACT is that ACT and CBT can be unified if they share the same philosophical*

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*underpinnings (functional contextualism) and theoretical orientation (relational frame theory, or RFT). Thus, from a CBT practitioner's perspective, the mechanistic philosophical core of MCBT can be dropped,*

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*and the mechanistic information processing theory of CBT can be held lightly and ignored in contexts where it is not useful. From an ACT practitioner's perspective, the decades of CBT research on*

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*cognitive schema and dysfunctional beliefs provides useful information about how clients might be cognitively fused and how this fusion might be undermined. The core premise of the book is that CBT*

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*and ACT can be beneficially integrated, provided both are approached from a similar philosophical and theoretical framework. The authors acknowledge that practitioners often have little interest in*

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*extended discussions of philosophy and theory. Thus, their discussion of functional contextualism and RFT is grounded clearly in clinical practice. They talk about what functional contextualism means*

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*for the practitioner in the room, with a particular client. They describe how RFT can help the practitioner to understand the barriers to effective client action.*

*A Clinician's Guide to*

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*Practicing Cognitive Behavioral  
Therapy*

*A Companion to Think Good,  
Feel Good and Thinking Good,  
Feeling Better*

*A Clinician's Guide to  
Practicing Compassion-Focused*



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Therapy

*Cognitive-Behavioral Therapy  
with Couples and Families  
A Practitioner Book*

*CBT: A Clinician's Guide to  
Using the Five Areas Approach*

For the first time ever, CFT

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Made Simple offers easy-to-apply tools to help clients develop self-compassion, learn mindfulness skills, and balance difficult emotions for greater treatment outcomes. Created by world-renowned

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psychologist Paul Gilbert,  
compassion-focused therapy  
(CFT) is extremely effective  
in helping clients work  
through painful feelings of  
shame and self-criticism.  
However, the theoretical  
aspects of this therapy—such

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as evolutionary psychology, attachment theory, and affective neuroscience—can make CFT difficult to grasp. This book provides everything you need to start implementing CFT in practice, either as a

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primary therapy modality or as an adjunctive approach to other therapies, such as acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and more. CFT has unique strengths, and is especially

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effective in helping clients work through troubling thoughts and behaviors, approach themselves and others with greater compassion and kindness, and feel safer and more confident in their ability

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to handle life's challenges and difficulties. This book articulates the theoretical basis of the therapy in simple, easy-to-follow language, and offers practical guidance and strategies on how to tailor

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your CFT approach to specific client populations. As a clinician interested in the benefits of CFT but wary of the dense theoretical principles that lay behind it, you need a user-friendly guide that will let you hit



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the ground running. CFT Made Simple is that guide.

'This book provides a very useful and thought-provoking account of a developing form of interpersonal psychotherapy and gives a clear guide for practising

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clinicians." Psychological  
Medicine First published in  
2003, this groundbreaking  
text firmly established  
itself as a touchstone for  
all therapists using  
interpersonal psychotherapy  
(IPT). Key featu

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This authoritative guide has been completely revised and expanded with over 90% new material in a new step-by-step format. It details how, when, and why therapists can make best use of each chapter in *Mind Over Mood*,

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Second Edition (MOM2), in individual, couple, and group therapy. Christine A. Padesky's extensive experience as a CBT innovator, clinician, teacher, and consultant is reflected in 100+ pages of

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compelling therapist-client dialogues that vividly illustrate core CBT interventions and management of challenging dilemmas. Fully updated, the book offers research-based guidance on the use of MOM2

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to treat anxiety disorders,  
depression, anger, guilt,  
shame, relationship  
problems, and personality  
disorders. Invaluable  
therapy tips, real-life  
scenarios, and  
troubleshooting guides in

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each chapter make this the essential MOM2 companion for novice and experienced therapists alike.

Reproducible Reading Guides show how to sequence MOM2 chapters to target specific moods. First edition title:

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Clinician's Guide to Mind  
Over Mood. New to This  
Edition \*Detailed  
instructions on how, when,  
and why to use each of  
MOM2's 60 worksheets.  
\*Expanded coverage  
illustrating effective use



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of thought records,  
behavioral experiments, and  
imagery. \*Shows how to  
flexibly tailor MOM2 to  
address particular anxiety  
disorders, using distinct  
principles and protocols.  
\*Incorporates evidence-based

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practices from positive psychology, motivational interviewing, and acceptance and commitment therapy.

\*Updated practice guidelines throughout, based on current clinical research. \*More content on using MOM2 for

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therapist self-study and in training programs and classrooms. \*Free supplemental videos on the author's YouTube channel provide additional clinical tips and discuss issues in practicing, teaching, and

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learning CBT. See also Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think. As a clinician, you know how difficult it can be to treat clients with obsessive-compulsive disorder (OCD)

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using a one-size-fits-all approach. This powerful and evidence-based guide offers a variety of customizable treatment strategies-made simple and practical-for helping clients with OCD. Written by a psychologist

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and expert in treating obsessive-compulsive disorder, A Clinician's Guide to Treating OCD combines powerful, evidence-based therapies to help you create a concise and customizable treatment plan.

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The methods including cognitive behavioral therapy (CBT), exposure and response prevention therapy (ERP), inference-based therapy (IBT), metacognitive therapy (MCT) and acceptance and commitment therapy (ACT),

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are presented in an easy-to-follow format, incorporate the newest research, and offer a wide range of skills for helping OCD clients. The standalone treatment protocols outlined in each chapter represent a specific



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model and procedure for addressing the mechanisms underlying the OCD. In addition, you'll find worksheets and online resources to help you create individualized treatment programs to best suit your

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clients' needs. If you're looking for a simple, customizable approach to treating clients with OCD, this book has everything you need to get started.

The Most Effective CBT  
Approaches for Obsessive-

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Compulsive Disorder

Mind Over Mood, Second  
Edition

A Comprehensive Guide for  
Clinicians

Cognitive Behavioral  
Treatment of Insomnia

A Clinician's Guide to CBT

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for Children to Young Adults  
A Clinician's Guide to  
Treating Obsessive  
Compulsive Disorder  
Efficiently and Effectively  
This is a companion guide to  
Think Good Feel Good: A

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Cognitive Behaviour Therapy  
Workbook for Children and  
Young People. Designed for  
clinicians using the original  
workbook in their work with  
children, the book builds upon the  
workbook materials by offering

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guidance on all aspects of the therapeutic process and a range of case studies highlighting therapy in action. Topics covered include parent involvement, key cognitive distortions in children, formulations, challenging

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thoughts, guided discovery and the use of imagery. Also included is a chapter focusing on possible problems in therapy and strategies for overcoming them. To supplement the workbook, the clinician's guide offers further

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materials and handouts for use in therapy, including psycho-educational materials for children and parents on common problems, such as depression, OCD, PTSD/Trauma and Anxiety  
The first cognitive-behavioral



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treatment manual for obesity, this volume presents an innovative therapeutic model currently being evaluated in controlled research at Oxford University. From leading clinical researchers, the approach is specifically designed to

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overcome a major weakness of existing therapies: posttreatment weight regain. The book details powerful ways to help patients not only to achieve weight loss, but also to modify the problematic cognitions that undermine long-

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term weight control. Drawing on strategies proven effective with such problems as binge eating, the manual contains everything needed to implement the treatment: intervention guidelines, case examples, and

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reproducible handouts and forms.  
A powerful and insightful clinical  
resource for CBT practitioners  
who work with children and  
young adults The newly updated  
and thoroughly revised Second  
Edition of this companion to

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Think Good, Feel Good and Thinking Good, Feeling Better delivers guidance for clinicians using the author's seminal workbooks. This companion work builds upon the workbook materials by offering readers

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instruction on all aspects of the therapeutic process and a wide range of case studies highlighting specific therapies in action. A Clinician's Guide covers topics including parental involvement, key cognitive distortions in

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children, formulations, challenging thoughts, guided discovery, and the use of imagery. The author also includes a chapter focusing on common potential problems that arise in therapy and strategies to overcome them.

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The book highlights the underlying philosophy, process, and core skills of employing CBT with children and young people. Readers will appreciate the competency framework, which describes the CORE philosophy,



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PRECISE process, and the ABCs of specific techniques. The book also includes: Additional materials and handouts for use in therapy, including psycho-educational materials for children and parents on common

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problems, like depression, OCD, PTSD, and anxiety Downloadable, multi-use worksheets for use in the clinician's therapeutic sessions Practical, real-world case examples that shed light on the techniques and strategies

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discussed in the book A systematic approach to the use of cognitive behavioural therapy to treat common psychological problems Perfect for professionals and trainees in child and adolescent mental health, like psychiatrists,

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clinical psychologists, educational psychologists, community psychiatric nurses, and occupational therapists, the book also belongs on the shelves of non-mental health professionals, including school nurses and social

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workers, who regularly work with children in a therapeutic setting. From a leading expert in cognitive-behavioral therapy and couple and family therapy, this comprehensive guide combines research and clinical wisdom. The

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author shows how therapeutic techniques originally designed for individuals have been successfully adapted for couples and families struggling with a wide range of relationship problems and stressful life transitions. Vivid

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clinical examples illustrate the process of conducting thorough assessments, implementing carefully planned cognitive and behavioral interventions, and overcoming roadblocks. Used as a practitioner resource and text

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worldwide, the book highlights ways to enhance treatment by drawing on current knowledge about relationship dynamics, attachment, and neurobiology. Cultural diversity issues are woven throughout. See also



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Dattilio's edited volume, *Case Studies in Couple and Family Therapy*, which features case presentations from distinguished practitioners plus commentary from Dattilio on how to integrate systemic and cognitive

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perspectives.

Clinician's Guide to CBT Using  
Mind Over Mood, Second Edition

A Clinician's Guide to Binge  
Eating Disorder

The Therapeutic Relationship in  
Cognitive-Behavioral Therapy

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A Patient and Clinician's Guide  
to CBT for IBD

Modular CBT for Children and  
Adolescents with Depression  
Spirituality, Religion, and

Cognitive-Behavioral Therapy

"The primary objective of this text is

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to provide an evidence-based and theoretically rigorous, practical guide for practitioners in how to integrate spirituality into CBT. This book is divided into two parts: Part I (Chapters 1-4) lays the theoretical and empirical foundations to facilitate case conceptualizations of spirituality

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within the context of CBT, and Part II (Chapters 5-8) presents an array of CBT techniques to address patient spirituality and religion in clinical practice"--Provided by publisher. From leading experts in behavioral activation research and clinical practice, this volume presents an

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empirically tested approach for helping clients overcome depression by becoming active and engaged in their own lives. Behavioral activation is a stand-alone treatment whose principles can be integrated easily with other approaches that therapists already use. Guidelines are presented

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for identifying individualized treatment targets, monitoring and scheduling "antidepressant" activities -- experiences that are likely to be rewarding and pleasurable -- and decreasing avoidance and ruminative thinking. Rich clinical illustrations include an extended case example

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that runs throughout the book.

Twenty-two reproducible forms, worksheets, and tables can be downloaded and printed in a convenient 8 1/2" x 11" size.

Comprehensive and practical, *The Internet and CBT: A Clinical Guide* describes how cognitive behavioural



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therapy can be delivered via the Internet, email, open access programmes, online communities and via smartphone. Detailing how these alternative methods of CBT support can be integrated within a busy practice, it is invaluable for all CBT clinicians and students wishing to find

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out more about assessing and supporting people in innovative ways. This book enables you to: Learn how to best give advice concerning online support communities and when to recommend guided self help online Understand how to integrate online and smartphone CBT delivery into

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your daily practice Explore the resources and treatment programmes available Perform online assessments Guide and supervise the people in your care Comprehend issues of patient confidentiality and what you need to do to ensure safe and ethical practice With its no-nonsense and

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down-to-earth approach, this book covers the dos and don'ts of CBT delivery online and via smartphone and provides a highly accessible guide for students and practitioners wishing to incorporate online CBT into their work. It will be of great interest to CBT clinicians, psychologists,

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psychotherapists, counsellors and mental health nurses.

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

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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

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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

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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.



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Behavioral Activation for Depression

A Clinician's Guide to Treating OCD

A Guide for Clinicians

OCD Treatment Made Simple

Buddhist Psychology and Cognitive-  
Behavioral Therapy

Coping with Crohn's and Colitis

*The Clinician's Guide to*

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*Treating Health Anxiety:  
Diagnosis, Mechanisms, and  
Effective Treatment provides  
mental health professionals  
with methods to better  
identify patients with  
health anxiety, the basic  
skills to manage it, and*

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*ways to successfully adapt cognitive behavioral therapy to treat it. The book features structured diagnostic instruments that can be used for assessment, while also underscoring the importance of conducting a*

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*comprehensive functional analysis of the patient's problems. Sections cover refinements in assessment and treatment methods and synthesize existing literature on etiology and maintenance mechanisms.*

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*Users will find an in-depth look at who develops health anxiety, what the behavioral and cognitive mechanisms that contribute to it are, why it persists in patients, and how it can be treated. Provides clinicians with*

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*tools to better identify,  
manage and treat health  
anxiety Outlines a step-by-  
step behavioral treatment  
program Looks at the  
similarities and differences  
between health anxiety and  
other anxiety disorders*

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*Reviews self-report instruments that can be used to measure health anxiety on a dimensional scale Includes information about recent diagnostic changes according to DSM-5*

- CBT is a new, increasingly*

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*popular method of treatment that provides measurable results and is therefore reimbursed by insurance companies • Title is ahead of the curve, there's no competition • Concise, practical manual • Contains*



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*reader-friendly, role-  
playing exercises to apply  
to daily practice*

*The Clinician's Guide to  
Treatment and Management of  
Youth with Tourette Syndrome  
and Tic Disorders provides  
clinicians with cognitive*

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*behavioral therapy concepts and skills to manage young patients dealing with Tourette Syndrome (TS) and tic disorders. This book focuses on improving the quality of life, patient resiliency, habit reversal*

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*techniques, talking about tics with peers, and overcoming tic-related avoidance. Each chapter looks at the nature and background of common challenges for youth with TS experience, reviews*

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*empirically-informed  
rationale for using specific  
cognitive-behavioral  
strategies, discusses the  
nature and implementation of  
these strategies, and  
concludes with a case that  
illustrates a particular*

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*strategy. Medication management is covered in its own chapter, and clinical excerpts are used throughout the book to illustrate key techniques that can be incorporated into immediate practice. Explores*

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*behavioral treatments for  
improving Tourette Syndrome  
(TS) and tic disorders  
Addresses emotion  
regulation, anger management  
and disruptive behaviors  
Presents material in a  
practical, ready-to-use*

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*format for immediate  
clinical use Highlights how  
to improve self-esteem,  
social interactions and  
coping in school  
environments Details case  
examples for better  
understanding of treatment*

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*practices Identifies  
empirical evidence for best  
practices in clinical  
treatment*

*Incidence of BED appears to  
be on the increase. Treating  
it, and overcoming it, is  
all the more difficult,*



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*especially for those living in a culture that has an intense body image focus. A Clinician's Guide to Binge Eating Disorder educates the reader about its triggers and behaviours – and describes steps to treat it*

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*and resume a full and productive life. Evidence-based research outcomes provide the framework and foundation for this book. First-person case studies bring application of this science to life to help*

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*close the gap between  
research and treatment/care,  
and the importance of  
clinicians developing a  
therapeutic relationship as  
a healing tool with their  
client is discussed,  
recognizing that medical and*

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*psychological dimensions are inextricably intertwined. This book allays fear of the unknown, explains the emotional chaos that can sweep in like a storm when, unintentionally, triggers are released. It provides*

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*practical steps and  
footholds for clinicians and  
researchers to help the  
patient take control of  
their life and look to a  
positive future.*

*How to Bridge the Gap  
Between Cognitive Behavioral*

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*Therapy and Acceptance and  
Commitment Therapy*

*The Clinician's Guide to  
Anxiety Sensitivity  
Treatment and Assessment  
CFT Made Simple  
The Clinician's Guide to*

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*Treatment and Management of  
Youth with Tourette Syndrome  
and Tic Disorders*

*Treating Later-Life  
Depression*

The Comprehensive Clinician's Guide  
to Cognitive Behavioral Therapy  
PESI  
Publishing & Media  
Clinician's Guide to

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CBT Using Mind Over Mood, Second  
Edition Guilford Publications

The Clinician's Guide to Cognitive-  
Behavioral Therapy for Childhood  
Obsessive-Compulsive Disorder  
brings together a wealth of experts on  
pediatric and adolescent OCD,  
providing novel cognitive behavioral



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strategies and considerations that therapists can immediately put into practice. The book provides case studies and example metaphors on how to explain exposure models to children in a developmentally appropriate manner. The book also instructs clinicians on how to use

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symptom information and rating scales to develop an appropriate exposure hierarchy. The book is arranged into two major sections: assessment and treatment of childhood OCD and special considerations in treating childhood OCD. Each chapter is structured to include relevant

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background and empirical support for the topic at hand, practical discussion of the nature and implementation of the core component (such as exposure and response prevention, cognitive therapy, psychoeducation and more), and a case illustration that highlights the use of a particular

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technique. Provides the strong theoretical foundation required to successfully implement treatment Highlights the use of particular intervention techniques through case studies Provides CBT strategies for anxiety, tic disorders, trichotillomania, ADHD and disruptive behaviors

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Includes strategies for treatment of patients who are initially non-responsive to CBT Encourages individualization of evidence-based and clinically-informed principles for each patient Reviews what to do if/when OCD remits and/or returns Provides details on differentiation OCD

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symptoms from anxiety and other psychopathology

Exposure therapy has amassed a significant body of research and is widely appreciated as one of the most effective therapeutic treatments for anxiety spectrum disorders.

Nevertheless, therapists often neglect

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to maximize this technique because they are hesitant to suggest exposure exercises to anxious clients who may be resistant to facing their fears. The Clinician's Guide to Exposure Therapies for Anxiety Spectrum Disorders offers the solution-an organized manual of specific exposure

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strategies for the most common fears and phobias. It includes strategies for increasing clients' willingness to participate in exposure therapy and incorporates the most effective therapy exercises from cognitive behavioural therapy, acceptance and commitment therapy, dialectical behaviour therapy,



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and other modalities. It provides reproducible forms therapists can use to help clients make hierarchies of exposure. Along with exposure strategies, the book features guidance on using exposure therapy in general, including special sections on prolonged exposure therapy for post-

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traumatic stress disorder.

CBT for Anxiety Disorders presents a comprehensive overview of the latest anxiety disorder-specific treatment techniques contributed by the foremost experts in various CBT approaches. Summarizes the state-of-the-art CBT approaches for each of the DSM

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anxiety disorders Represents a one-stop tool for researchers, clinicians, and students on CBT for anxiety disorders Features world leading CBT authors who provide an up to date description of their respective treatment approaches in a succinct, and clinician-tailored, fashion

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A Clinician's Guide to Think Good-Feel  
Good

The Clinician's Guide to Exposure  
Therapies for Anxiety Spectrum  
Disorders

Integrating Techniques and  
Applications from CBT, DBT, and ACT  
A Clinician's Guide to Integrating

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Acceptance and Commitment  
Therapy, Compassion-Focused  
Therapy, and Mindfulness Approaches  
within the Cognitive Behavioral  
Therapy Tradition  
Treating Psychosis  
The Clinician's Guide to Cognitive-  
Behavioral Therapy for Childhood

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## Obsessive-Compulsive Disorder

*As demographic trends shift toward an aging population, there is a growing need for improved mental health treatment for older adults. With depression as the leading mental health*

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*concern in later life, one of the greatest challenges for treatment providers is the wide variability of life circumstances that accompany depressive symptoms for clients across outpatient mental health, integrated*

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*primary care, and inpatient  
psychiatric settings.*

*Treating Later-Life*

*Depression: Clinician Guide*

*outlines culturally*

*responsive practices that*

*target the contexts and*

*drivers/antecedents of*



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*depression in middle-aged and older adults. Clinicians can choose research-supported modules from the accompanying Workbook that fit the needs of their clients (i.e. chronic pain, sleep problems, anxiety,*

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*experiences of loss). This practical guide reflects continuing international scientific and clinical advances in applying CBT to age-related problems using individual and group formats, with clinician-*

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*tested recommendations for telehealth practice. With the flexible clinical tools provided in this guide, practitioners can personalize the application of change strategies, including behavioral*

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*activation, relaxation  
training, self-compassion,  
cognitive reappraisal, and  
communication skills  
training among others. Case  
examples are also provided  
from a range of disciplines  
(e.g., clinical psychology,*

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*psychiatry, social work, counseling, marriage and family therapy, nursing, occupational therapy and recreational specialists) to illustrate application in busy clinical practices. The guide closes with aging-*

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*friendly assessment tools and other resources to support ongoing professional development. Treating Later-Life Depression, Clinician Guide is an indispensable resource for all behavioral health providers who wish to*

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*help diverse aging clients thrive effectively and efficiently in a daily life that is true to their values and personal strengths. This user-friendly guide to the basics of Buddhist psychology presents a*

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*roadmap specifically designed for cognitive-behavioral therapy (CBT) practitioners. It explains central Buddhist concepts and how they can be applied to clinical work, and features numerous*



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*experiential exercises and meditations. Downloadable audio recordings of the guided meditations are provided at the companion website. Essential topics include the relationship between suffering and*

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*psychopathology, the role of compassion in understanding and treating psychological problems, and how mindfulness fits into evidence-based psychotherapy practice. The book describes an innovative case*

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*conceptualization method,  
grounded in Buddhist  
thinking, that facilitates  
the targeted delivery of  
specific CBT interventions.  
Although Cognitive  
Behavioural Therapy (CBT)  
has a well elaborated*

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*theoretical background and documented standard therapeutic process, new specific theoretical formulations and genuine techniques seem to continually appear. These new treatment developments*

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*in CBT constitute the heart of this book. Leading researchers and clinicians, who are also well established experts in the application of CBT present the extent of their experience, as well as*

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*appropriate and state-of-the-art treatment techniques for a variety of specific disorders: \* Management of Major Depression, suicidal behaviour and Bipolar Disorder. \* Treatment of Anxiety Disorders such as*

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*Panic Disorder, Obsessive  
Compulsive Disorder, and  
Generalized Anxiety  
Disorder. \* Application of  
CBT to Eating Disorder and  
Personality Disorders,  
especially Borderline  
Personality Disorder. \**

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*Implementation of CBT with specific populations such as couples and families, children and adolescents. The book focuses on clinical practice and treatment techniques, but avoids a step-by-step approach.*



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*Instead it encourages flexibility and integrativity in order to help the practicing clinician become more competent and efficient in applying CBT. Well-known contributors reveal a*

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*variety of treatment styles,  
and case examples and  
treatment transcripts are  
used to show how theoretical  
innovations integrate with  
the practice of CBT.*

*"This life changing book  
helps readers use cognitive-*

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*behavioral therapy - one of today's most effective forms of psychotherapy - to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship*

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*problems. The second edition contains numerous new features : expanded content on anxiety ; chapters on setting personal goals and maintaining progress ; happiness rating scales ; gratitude journals ;*

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*innovative exercises focused on mindfulness, acceptance, and forgiveness; new worksheets ; and much more."*--Publisher.

*CBT For Anxiety Disorders  
A Clinical Guide  
A Clinician's Guide*

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*Cognitive Behaviour Therapy  
A Session-by-Session Guide  
Diagnosis, Mechanisms, and  
Effective Treatment*

Written by a psychologist and expert  
in treating obsessive-compulsive  
disorder (OCD), this manual brings

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together five powerful, evidence-based therapies to help clinicians create a concise and customizable treatment plan. The methods--including cognitive behavioral therapy (CBT), exposure therapy, and acceptance and

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commitment therapy (ACT)--are presented in an easy-to-follow format, incorporate the newest research, and give clinicians a wide range of skills for addressing the mechanisms underlying OCD.

This practical guide provides



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patients who have inflammatory bowel disease (IBD) with cognitive-behavioral therapy (CBT) strategies for coping with IBD. It teaches a number of skills that can make coping with Crohn's or colitis easier. Chapters provide an overview of

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Crohn's and colitis as well as the interplay between stress and the gut, before offering strategies on relaxation training, physical activity, managing stress and avoidance, diet and nutrition, and medical treatment options. The book also emphasizes

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the importance of the doctor-patient relationship and helps patients learn how to think about medical management (including the possibility of surgery) to minimize anxiety from catastrophic thoughts and balance potential risks and

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benefits appropriately. Dr. Hunt challenges readers to engage in specific behavioral experiments to reduce shame and stigma and highlights practical applications with case illustrations and clinical vignettes. This book can be used as a

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standalone self-help book or in conjunction with practitioners during in-person therapy.

This leading practitioner's guide, now thoroughly updated, examines the nature of posttraumatic stress disorder (PTSD) and provides a

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complete framework for planning and implementing cognitive-behavioral therapy (CBT). Steven Taylor addresses the complexities of treating people who have experienced different types of trauma and shows how to adapt

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empirically supported protocols to each client's needs. Rich case examples illustrate the nuts and bolts of cognitive interventions, exposure exercises, and adjunctive methods. Purchasers get access to a Web page where they can download and print

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the book's 14 reproducible handouts and forms in a convenient 8 1/2- x 11- size. New to This Edition:

\*Chapter on pharmacotherapy--what CBT practitioners need to know when treating clients who are also taking medication. \*Incorporates



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over a decade of advances in assessment and treatment techniques, outcome research, and neurobiological knowledge.

\*Updated for DSM-5.

Treating adolescents with depression is challenging. This breakthrough

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book offers a new, cutting-edge treatment for children and teens with depression using a modular cognitive behavioral therapy (CBT) approach. Modular CBT for Depressed Children and Adolescents offers a user-friendly, step-by-step

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transdiagnostic approach to help you treat youths whose depression presents in diverse ways. This manual offers a compelling rationale for using modular cognitive behavioral therapy (CBT), a brief overview of the limitations in

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community mental health that led to the development of the modular approach, distinctions from standard CBT, and a review of the current research supporting the effectiveness of this treatment. Guided by innovative research and best

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practices, this book provides practical steps for creating a personalized treatment approach for each client that incorporates safety needs, symptoms presentation, etiology, cultural and spiritual background, and family factors. You

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will also find tools to create a pragmatic conceptualization that can be coupled with the specialized treatment interventions of modular CBT. If you are looking for a detailed, session-by-session treatment program that includes

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specific instructions on how to use the modular approach to meet the individualized needs of your clients, this book will be your guide.

CBT Made Simple

Doing CBT

A Cognitive-behavioral Approach

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A Clinician's Guide to Individualized  
Treatment

A Guide for the Practising Clinician

Think Good, Feel Good

**From leading cognitive-  
behavioral therapy (CBT)  
experts, this book describes**



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**ways to tailor empirically supported relationship factors that can strengthen collaboration, empiricism, and Socratic dialogue and improve outcomes. In an accessible style, it provides**

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**practical clinical  
recommendations  
accompanied by rich case  
examples and self-reflection  
exercises. The book shows  
how to use a strong case  
conceptualization to decide**

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**when to target relationship issues, what specific strategies to use (for example, expressing empathy or requesting client feedback), and how to navigate the therapist's own**

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**emotional responses in session. Special topics include enhancing the therapeutic relationship with couples, families, groups, and children and adolescents. Reproducible**

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**worksheets can be  
downloaded and printed in a  
convenient 8 1/2" x 11" size.  
Drs. Sokol and Fox have the  
knowledge base to bring you  
the most comprehensive and  
up-to-date information**

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**regarding CBT. Written for  
mental health professionals,  
students, trainers,  
supervisors, teachers, and  
clinicians of all levels, this  
workbook is filled with  
practical, easy-to-**

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**understand tools to help you  
put theory into practice.  
Filled with worksheets,  
coping cards, step-by-step  
plans and activities, this  
accessible guide will help  
you teach clients effective**

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**coping skills, which builds  
their confidence, and  
eliminates self-doubt--the  
most crucial part of  
treatment. These tools will  
help clients become their  
own therapist and sustain**



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**recovery across a variety of  
issues, including:**

**Depression Bipolar Disorder  
Anxiety Anger Substance  
Abuse Personality Disorders  
PTSD Self-Harm and  
Suicidality Psychosis**

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**Newly updated edition of  
the highly successful core  
text for using cognitive  
behaviour therapy with  
children and young people  
The previous edition of  
Think Good, Feel Good was**

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**an exciting, practical  
resource that pioneered the  
way mental health  
professionals approached  
Cognitive Behaviour Therapy  
with children and young  
people. This new edition**

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**continues the work started  
by clinical psychologist Paul  
Stallard, and provides a  
range of flexible and highly  
appealing materials that can  
be used to structure and  
facilitate work with young**

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**people. In addition to covering the core elements used in CBT programmes, it incorporates ideas from the third wave CBT therapies of mindfulness, compassion focused therapy and**

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**acceptance and commitment  
therapy. It also includes a  
practical series of exercises  
and worksheets that  
introduce specific concepts  
and techniques. Developed  
by the author and used**

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**extensively in clinical  
practice, Think Good, Feel  
Good, Second Edition: A CBT  
Workbook for Children and  
Young People starts by  
introducing readers to the  
origin, basic theory, and**

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**rationale behind CBT and explains how the workbook should be used. Chapters cover elements of CBT including identifying thinking traps; core beliefs; controlling feelings;**



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**changing behaviour; and  
more. Written by an  
experienced professional  
with all clinically tested  
material Fully updated to  
reflect recent developments  
in clinical practice Wide**

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**range of downloadable  
materials Includes ideas for  
third wave CBT,  
Mindfulness, Compassion  
Focused Therapy and  
Acceptance and  
Commitment Therapy Think**

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**Good, Feel Good, Second  
Edition: A CBT Workbook for  
Children and Young People  
is a "must have" resource  
for clinical psychologists,  
child and adolescent  
psychiatrists, community**

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**psychiatric nurses,  
educational psychologists,  
and occupational therapists.  
It is also a valuable resource  
for those who work with  
young people including  
social workers, school**

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**nurses, practice counsellors,  
teachers and health visitors.  
Using CBT with Children and  
Young People  
The Comprehensive  
Clinician's Guide to  
Cognitive Behavioral**

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**Therapy**

**Interpersonal Psychotherapy  
2E**

**Clinician's Guide to Ptsd  
A Cognitive Behavioural  
Therapy Workbook for  
Children and Young People**

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# **Cognitive-Behavioral Treatment of Obesity**