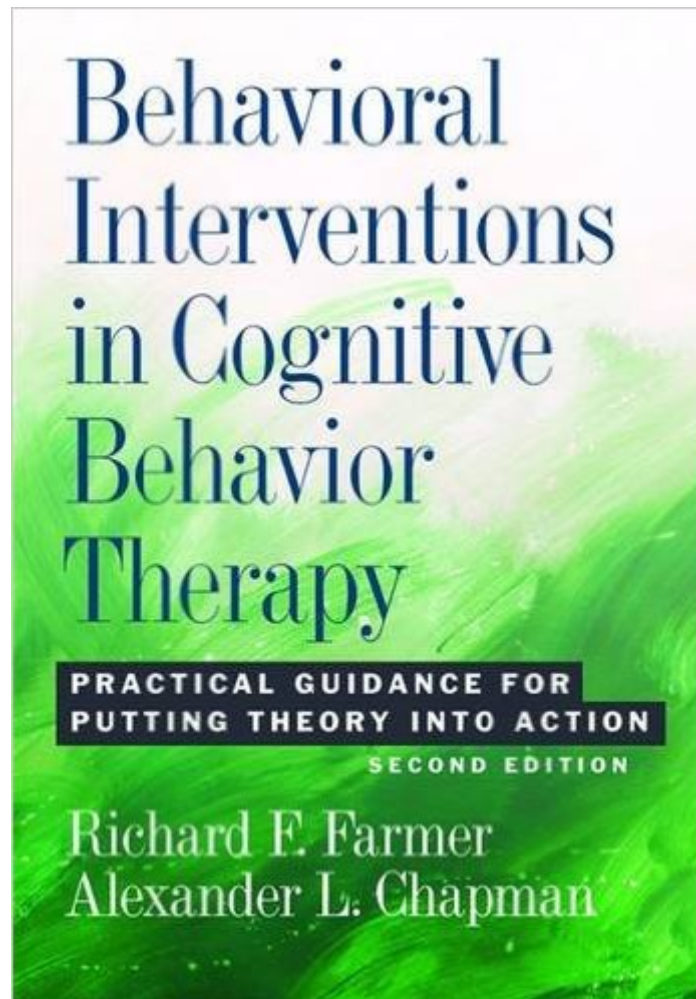


The book was found

Behavioral Interventions In Cognitive Behavior Therapy: Practical Guidance For Putting Theory Into Action



Synopsis

This book offers a step-by-step guide to behavioral interventions in cognitive behavior therapy (CBT). The authors discuss case formulation and treatment planning, core behavioral intervention strategies, and innovative approaches such as acceptance, mindfulness, and a behavioral approach to cognition. They examine key behavioral techniques including self-monitoring, behavioral activations, exposure therapy, and skills training, that are essential features of CBT practice. This practical behavioral framework is accessible to clinicians and students with varying degrees of behavioral training. Alongside a comprehensive update of the research literature, this edition features new chapters on enhancing interpersonal effectiveness, emotion regulation, and navigating difficult therapeutic challenges.

Book Information

Hardcover: 432 pages

Publisher: American Psychological Association (APA); Second Edition edition (August 24, 2015)

Language: English

ISBN-10: 1433820358

ISBN-13: 978-1433820359

Product Dimensions: 7.2 x 1.1 x 10.3 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (3 customer reviews)

Best Sellers Rank: #101,256 in Books (See Top 100 in Books) #12 in Â Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy #170 in Â Books > Textbooks > Social Sciences > Psychology > Clinical Psychology #270 in Â Books > Medical Books > Psychology > Clinical Psychology

Customer Reviews

This is an excellent book for clinicians looking to develop a strong foundation in Cognitive Behavioral Therapy. Tara L. Myers, MS, LPC/DBT Therapist
Center for Evidence Based Treatment
Orange County, CA

Received as advertised and good value.

great!

[Download to continue reading...](#)

Behavioral Interventions in Cognitive Behavior Therapy: Practical Guidance for Putting Theory Into Action Behavioral Interventions in Cognitive Behavior Therapy: Practical Guidance for Putting Theory Into Action, Second Edition Positive Parenting in Action: The How-To Guide for Putting Positive Parenting Principles into Action in Early Childhood Treating PTSD With Cognitive-Behavioral Therapies: Interventions That Work Blending Play Therapy with Cognitive Behavioral Therapy: Evidence-Based and Other Effective Treatments and Techniques Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) Cheap & Best Chicken Coop Plan Guidance: Chicken Coop Plan Guidance Putting the Practices Into Action: Implementing the Common Core Standards for Mathematical Practice, K-8 Nurse's Pocket Guide: Diagnoses, Prioritized Interventions and Rationales (Nurse's Pocket Guide: Diagnoses, Interventions & Rationales) Treatment Plans and Interventions for Insomnia: A Case Formulation Approach (Treatment Plans and Interventions for Evidence-Based Psychot) ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach: Workbook (Treatments That Work) Cognitive Behavioral Therapy: Techniques for Retraining Your Brain, Break Through Depression, Phobias, Anxiety, Intrusive Thoughts (Training Guide, Self-Help, Exercises) Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety, Depression, Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological Conditions Cognitive Behavioral Therapy: Break Through Depression, Free Yourself From Anxiety, And Understand Why You Don't "Feel Normal" - UNLEASH YOUR INNER GREATNESS Cognitive-Behavioral Therapy for Adult ADHD The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Child and Adolescent Therapy, Fourth Edition: Cognitive-Behavioral Procedures When Children Refuse School: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work)

[Dmca](#)