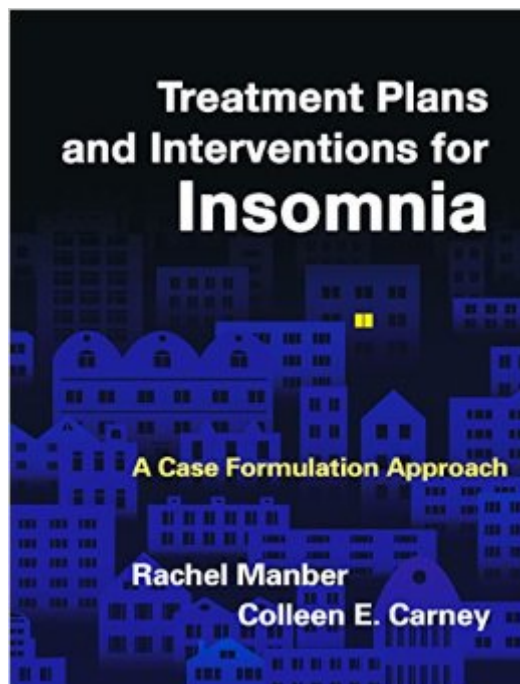


The book was found

# Treatment Plans And Interventions For Insomnia: A Case Formulation Approach (Treatment Plans And Interventions For Evidence-Based Psychot)



## Synopsis

Poor sleep is a significant source of distress and is also a symptom of other problems, such as anxiety and depressive disorders. From leading experts in cognitive-behavioral therapy for insomnia (CBT-I), this state-of-the-art book provides a framework for tailoring treatment for clients with an array of sleep difficulties. Clinicians are guided to make important decisions about what treatment components to use and how to optimize their effectiveness. Two chapter-length clinical examples vividly illustrate case conceptualization, treatment planning, and session-by-session implementation. In a convenient large-size format, the book includes reproducible forms and handouts. Purchasers get access to a Web page where they can download and print the reproducible materials.

## Book Information

Series: Treatment Plans and Interventions for Evidence-Based Psychot

Paperback: 286 pages

Publisher: The Guilford Press; 1 edition (March 10, 2015)

Language: English

ISBN-10: 1462520081

ISBN-13: 978-1462520084

Product Dimensions: 8 x 0.6 x 10.5 inches

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

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #405,140 in Books (See Top 100 in Books) #52 inÂ Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy #172 inÂ Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Psychiatric #229 inÂ Books > Medical Books > Nursing > Psychiatry & Mental Health

## Customer Reviews

Written by leading experts in the field of behavioral sleep medicine, this books guides the reader through the key components of evidenced-based insomnia treatments and brings elements to life with rich case examples. This is a tool that will benefit those new to CBT-I and proves just as valuable to those of us well-versed in this approach. It is a resource I highly recommend to those clinicians in the trenches trying to improve the sleep of the millions suffering from insomnia.

I train psychologists who are new to treating insomnia with behavioral treatments. This book is

equipped with comprehensive information about behavioral treatments for insomnia - from assessment to how to deal with patients who have complex problems. We have also been using the form templates in our clinic, and they provide great infrastructure for beginning sleep therapists who need guidance. I strongly recommend the book for anyone who is working in the sleep field.

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