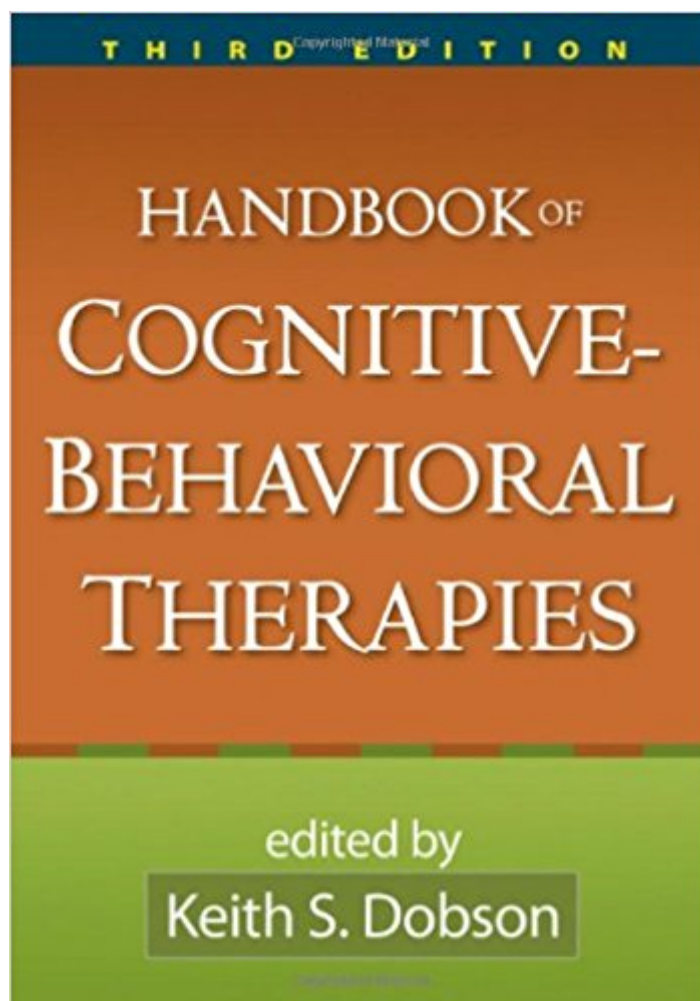


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# Handbook Of Cognitive-Behavioral Therapies, Third Edition



## Synopsis

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 clinical problems it is used to treat, what assessment and intervention tools have been developed, how they are implemented, and what the research reveals about the therapy's effectiveness. Special topics include working with children and adolescents, couples, and culturally diverse clients. The Handbook has been widely adopted in training programs, and the revisions in this edition reinforce its value as a text.

**New to This Edition\*** The latest findings and clinical advances.\* Additional therapies: schema therapy and mindfulness- and acceptance-based interventions.\* Chapter on the empirical evidence base for CBT.\* Chapters on treatment of couples and culturally diverse clients.

## Book Information

Hardcover: 481 pages

Publisher: The Guilford Press; 3 edition (October 27, 2009)

Language: English

ISBN-10: 1606234374

ISBN-13: 978-1606234372

Product Dimensions: 6.1 x 1.5 x 9.3 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 5 customer reviews

Best Sellers Rank: #102,623 in Books (See Top 100 in Books) #68 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Mental Health](#) #162 in [Books > Textbooks > Social Sciences > Psychology > Cognitive Psychology](#) #233 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Psychiatry](#)

## Customer Reviews

"The third edition of this handbook attains the same high standards of scientific rigor, clinical breadth, and practical relevance that have made prior editions so successful and authoritative. Providing a highly informative integration of science and practice, chapters are written by the leading experts on CBT. This volume is a 'must read' for psychotherapy students being introduced to CBT and for practitioners who need a concise, balanced, and informative review of the latest

advances."--David A. Clark, PhD, Department of Psychology, University of New Brunswick, Canada

"Even seasoned clinicians would benefit from reading this volume, which reviews CBT's roots and presents current thinking from top practitioners and researchers. Chapters thoroughly introduce cognitive and behavioral methods and provide detailed descriptions of the most prominent therapies. Unlike other CBT books that are organized around specific diagnoses, this book disentangles the treatments from the disorders. Its special strength lies in its broader focus on the processes involved in delivering the very best CBT interventions."--Jerusha Detweiler-Bedell, PhD, Department of Psychology, Lewis & Clark College

"The large body of research testing the effectiveness of CBT is one of the field's strengths. In this volume, Dobson and his colleagues offer an up-to-date, detailed review of CBT research and practice, including valuable new chapters. This volume is an excellent text for graduate courses and will provide clinicians with up-to-date coverage of clinical techniques and their empirical bases."--James Pretzer, PhD, Director, Cleveland Center for Cognitive Therapy

"This extremely well-written volume provides sophisticated coverage of the broad array of cognitive-behavioral therapies. It begins by reviewing the many different strands of CBT and the findings from treatment outcome studies, and offers excellent discussions of case conceptualization and cognitive assessment. These introductory sections form a strong base for chapters on the theory and techniques of the various CBT approaches. Unique strengths include the book's transdiagnostic approach to treatment, its cutting-edge coverage of cognitive science, and the chapters on newer therapies. Highly recommended as a graduate psychotherapy text."--Sheri L. Johnson, PhD, Department of Psychology, University of California, Berkeley

"Dobson's revision of this classic volume provides a solid resource for psychologists and students of psychology. Many of us find that we become highly focused on our specific clinical work, teaching, and research, and it is easy to feel out of touch with the broader developments in the field. It is very helpful to pick up a resource such as this one to remind ourselves of the bigger picture in this important and influential treatment approach. Dobson has chosen authors for each topic who are key figures in the development of the approaches covered in their chapters. This choice of authors shows in the quality of the presentations and the familiarity with the key issues in each area....Will be very useful in graduate courses on CBT and in settings where clinical students are supervised. Practitioners and students with an interest in CBT will find it very helpful as a guide to the broad range of approaches and issues in CBT." (Canadian Psychology 2011-02-03)

"A mainstay in the cognitive behavioral field....The authors have taken an authoritative research-based approach to their writing, providing excellent referencing on all areas. Everything is clear and presented in a well-thought-out format....Provides a sophisticated and intelligent empirical base from which a

clinician can base their psychotherapy. This makes this book not only highly recommended for psychology, nurse or research students at graduate level and beyond, but for all therapists who want empirically based up-to-date knowledge on our ever broadening therapy." (Behavioural and Cognitive Psychotherapy 2013-07-12)

Keith S. Dobson, PhD, is Professor of Clinical Psychology at the University of Calgary, Alberta, Canada, and a Principal Investigator for the Opening Minds program of the Mental Health Commission of Canada, with a focus on stigma reduction in the workplace. His research has focused on both cognitive models and CBT for depression. Dr. Dobson has published over 230 articles and chapters, 13 books, two DVDs, and one DVD series. He is a past president of the Canadian Psychological Association, the Academy of Cognitive Therapy, and the International Association for Cognitive Psychotherapy. Dr. Dobson is a recipient of the Award for Distinguished Contributions to the Profession of Psychology and the Donald O. Hebb Award for Distinguished Contributions to the Science of Psychology from the Canadian Psychological Association, among other honors.

Wonderfully written! Full of examples that assist the reader with wrapping his head around Cognitive Behavioral Therapy. It's a resource book for me as I manage Community Crisis Teams.

I am glad that my professor required this book as a textbook for our class on CBT. I know that the articles I found so helpful may not be the same articles that others find helpful. I don't regret that I only found 40% of the articles helpful, because the insight and practice suggestions in those few were rare and extremely meaningful to me. I especially appreciated learning about schema therapy.

The book is in excellent shape and was delivered in accurate time frame. This book is not an interesting read but necessary for my practice.

Price and product met my expectations and book is an outstanding reference for those using CBT in social work practice.

This book was very hard to understand. I would read the same page over and over again just to understand the concept. The book did not appear to be organized in a good way either.

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