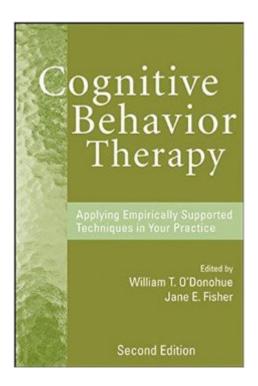
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# Cognitive Behavior Therapy: Applying Empirically Supported Techniques In Your Practice





## **Synopsis**

Proven to be highly effective for the treatment of a wide range of problems, cognitive-behavior therapy is the most widely used psychotherapeutic technique. Building on the success of the previous edition, Cognitive Behavior Therapy, Second Edition presents specific direction for cognitive behavior therapy techniques. Fully updated and expanded, this edition contains contributions from world-renowned experts on problems including smoking cessation, stress management, and classroom management. Its step-by-step illustrations create a hands-on reference of vital cognitive-behavioral therapy skills. This reference is essential for psychologists, counselors, and social workers.

#### **Book Information**

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#### Customer Reviews

The book serves a good reference for essential CBT skills, with easy-to-understand format and step-by-step illustrations. For experienced clinican with solid theortical background, it can serve as a quick reference and reminder for good tools available in our hands.

Excellent resource book for all health psychologists. This book will be a staple reference book on my shelf. Great source of a practical strategies that are empirically sound.

This practical book gives the clinician research-based techniques that are effective for a variety of diagnoses, to include enuresis, panic disorder, depression, and skills acquisition for the

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Each chapter consists of short readings and tables! Textbook: Cognitive Behavior Therapy: Applying Empirically Supported Techniques in Your Practice [Hardcover] William T. O'Donohue (Editor), Jane E. Fisher (Editor)

Great book, very comprehensive. Needed to buy it for a class but I am keeping this for future use. Several great case studies are included as well as excellent rational for different therapeutic interventions.

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