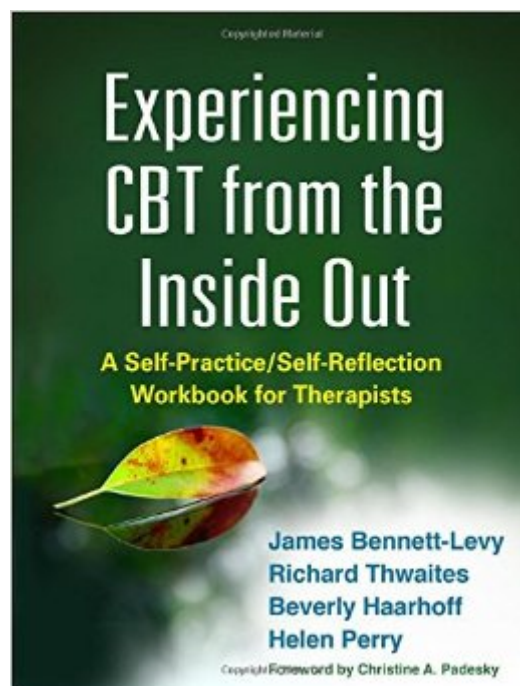


The book was found

# Experiencing CBT From The Inside Out: A Self-Practice/Self-Reflection Workbook For Therapists (Self-Practice/Self-Reflection Guides For Psychotherapists)



## Synopsis

Engaging and authoritative, this unique workbook enables therapists and students to build technical savvy in contemporary CBT interventions while deepening their self-awareness and therapeutic relationship skills. Self-practice/self-reflection (SP/SR), an evidence-based training strategy, is presented in 12 carefully sequenced modules. Therapists are guided to enhance their skills by identifying, formulating, and addressing a professional or personal problem using CBT, and reflecting on the experience. The book's large-size format makes it easy to use the 34 reproducible worksheets and forms. Purchasers also get access to a Web page where they can download and print the reproducible materials.

## Book Information

Series: Self-Practice/Self-Reflection Guides for Psychotherapists

Paperback: 278 pages

Publisher: The Guilford Press; 1 edition (January 23, 2015)

Language: English

ISBN-10: 1462518893

ISBN-13: 978-1462518890

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 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #366,145 in Books (See Top 100 in Books) #51 in [Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy](#) #653 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Psychiatry](#) #1147 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry](#)

## Customer Reviews

I LOVE the multitude of homework assignments and worksheets included in this book! And since, there is sooo many of them, it makes me live the book even more!

Much needed approach for CBT. Evidence based training. Well written and assembled.

Recommend highly from a PhD Clinical Psychologist

exactly what i needed.

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

Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) Inside Out: How Conflict Professionals Can Use Self-Reflection to Help Their Clients Basic Psychopharmacology for Counselors and Psychotherapists (2nd Edition) (Merrill Counseling (Paperback)) Microsoft Windows Security Inside Out for Windows XP and Windows 2000 (Bpg--Inside Out) Microsoft® Windows® XP Inside Out (Bpg-Inside Out) Microsoft® Windows® XP Inside Out Deluxe (Bpg-Inside Out) Cutting Down: A CBT workbook for treating young people who self-harm The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks) Medicine Hands Therapists Workbook and Journal: Activities to Deepen Oncology Massage Practice Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People (Gremlin and Thief CBT Workbooks) CBT for Chronic Illness and Palliative Care: A Workbook and Toolkit Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Mindfulness-integrated CBT: Principles and Practice Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety, Depression, Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological Conditions Mindfulness-integrated CBT for Well-being and Personal Growth: Four Steps to Enhance Inner Calm, Self-Confidence and Relationships NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) Theory-Based Treatment Planning for Marriage and Family Therapists: Integrating Theory and Practice (Marital, Couple, & Family Counseling) Body Mechanics for Manual Therapists: A Functional Approach to Self-Care and Injury Prevention The Out Traveler: Hawaii (Out Traveler Guides)

[Dmca](#)