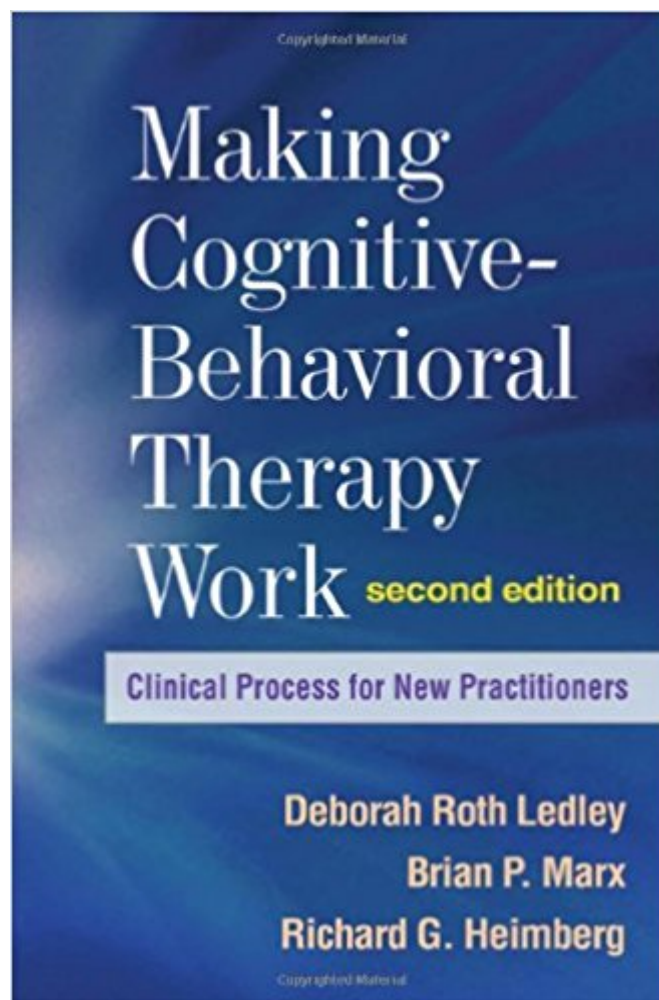




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# Making Cognitive-Behavioral Therapy Work, Second Edition: Clinical Process For New Practitioners



## Synopsis

Used around the world by novice clinicians as well as experienced therapists new to cognitive-behavioral therapy (CBT), this bestselling book has been widely adopted as a text in clinical training programs. The authors provide a vivid picture of what it is actually like to do CBT and offer practical guidance for becoming a more skilled and confident clinician. Vignettes and examples illustrate the entire process of therapy, from intake and assessment to case conceptualization, treatment planning, intervention, and termination. Expert advice is given on building collaborative therapeutic relationships and getting the most out of supervision. Appendices feature recommended treatment manuals and other CBT resources.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (10 customer reviews)

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## Customer Reviews

I read this book as part of a continuing education credits program. The book well explains some basic important components of CBT, such as Socratic questioning, structuring sessions, use of homework, and setting limits. It is exhaustive in covering what might be a list of frequently asked questions of the beginning therapist, about stuck clients, boundaries, supervisory problems, etc. It follows a case study of a young man whose big problems are social anxiety and career ambivalence. The patient is a highly motivated, verbal, and generally healthy guy. NOT the typical client even beginning therapists in even the most benign environments will encounter. This may be helpful for heuristic purposes, in clarifying basic interventions with a basic patient. I wish they had chosen a more emotionally charged or complex patient for whom to clarify perceptions, prioritize

issues, and motivate change. I liked the way the authors (briefly) distinguished CBT from some other schools of treatment (ACT, EFT. I'd have preferred they went into deeper waters in contrasting the approaches and efficacy. This book is useful as a college text, for beginning practitioners, or for those who do not use CBT but are considering doing so.

I purchased this book along with Cognitive-Therapy: An illustrated Guide by Wright et al. I expected the two books to overlap considerably but they did not. While the book by Wright is very focussed on teaching CBT strategies, this book tackles all the professional issues that occur in therapy. For example, if a mildly depressed out-patient utters a statement about suicide, how should you react emotionally and clinically? The book thoroughly explains the appropriate emotional, clinical and professional response, outlining what you must do next, not simply advising you "assess risk.". This text offers advice on dealing not only with obstacles the client brings to therapy but also how clinicians should deal with their own emotional issues that certain clients or problems provoke. How to dress, how to discuss confidentiality, what you are obliged to divulge about your qualifications and treatment plan, how to deal with clients flatly refusing essential components of therapy, e.g. exposure therapy. Its strength is not on teaching CBT strategies, but on every other question a beginning clinician will encounter. This book will leave you feeling very prepared and confident. Two very different books and I'm glad I bought both.

I needed this book for a class, I like the book it is an easy read. However, I am only half way through, that is why I gave it 3 stars, but if you are a nerd like me, you will find this book helpful one way or another! Hope this help!

Very easy to read, I am a beginner at psychotherapy and the way the texts is written makes it super easy to understand concepts.

This book could easily be considered a staple in any counselor's list of required reading.

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Recipes for 365 Days Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Therapist  
Guide (Treatments That Work) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach:

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