



## Learning Cognitive-Behavior Therapy: An Illustrated Guide (Paperback)

By Jesse H. Wright, Gregory K. Brown, Michael E. Thase

American Psychiatric Association Publishing, United States, 2017. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. Building on its successful read-see-do approach, this second edition of Learning Cognitive-Behavioral Therapy: An Illustrated Guide seamlessly combines 23 all-new videos with informative text and figures, charts, worksheets, checklists, and tables to help readers not only learn the essential skills of CBT but achieve competence in this important evidence-based treatment method. Opening with an overview of core cognitive-behavior therapy (CBT) theories and techniques, leading CBT practitioners then describe and demonstrate how to build effective therapeutic relationships with CBT, conceptualize a case with the CBT model, structure sessions, and resolve common problems encountered in CBT. This updated, second edition of the best-selling and highly popular Learning Cognitive-Behavioral Therapy also features: • Ways to employ CBT to reduce suicide risk • Guidance on integrating therapies related to CBT -- including dialectical behavior therapy, mindfulness-based cognitive therapy, and well-being therapy -- in the context of personality disorders and chronic or recurrent depression • An appendix of curated resources by the expert authors -- recommended readings, computer programs, Web sites, videos, and organizations -- to give readers access to the best resources in building competence in CBT practice...



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