Principles Of Behavioral And Cognitive Neurology
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Cognitive Behavioral Therapy and Clinical Applications
Principles of Behavioral and Cognitive Neurology, Third Edition
Handbook of Cognitive-Behavioral Therapies, Third Edition
The Oxford Handbook of Cognitive and Behavioral Therapies
The ABCs of Human Behavior
Behavior Modification in the Human Services
Buddhist Psychology and Cognitive-Behavioral Therapy
Cognitive-Behavioral Therapy Techniques and Strategies
The Science of Cognitive Behavioral Therapy
Noise Principles of Behavioral and Cognitive Neurology
Cognitive-Behavioral Therapy in Groups
Handbook of Cognitive-Behavioral Therapies
The Leader in Me
General Principles and Empirically Supported Techniques of Cognitive Behavior Therapy
Deliberate Practice in Cognitive Behavioral Therapy
Rational-Emotive and Cognitive-Behavioral Approaches to Child and Adolescent Mental Health
The Science of Cognitive Behavioral Therapy
Behavior Change in the Human Services
Cognitive Behavior Therapy, Third Edition
Principles of Research in Behavioral Science
Learning Cognitive-Behavior Therapy
Brief Interventions and Brief Therapies for Substance Abuse
Behavior Modification in the Human Services
Handbook of Behavioral and Cognitive Geography
Process-Based CBT
Introducing Cognitive Behavioral Therapy
Instructional Message Design
The Oxford Handbook of Cognitive and Behavioral Therapies
Obsessive-Compulsive Disorder
Instructional Message Design

This book offers a detailed, step-by-step guide to behavioral interventions in cognitive behavior therapy (CBT). This fully updated edition features new chapters on enhancing interpersonal effectiveness, emotion regulation, and navigating difficult therapeutic challenges. The Sunday Times bestseller ‘A monumental, gripping book Outstanding’ Sunday Times Wherever there is human judgement, there is noise. Using a unique behavioral assessment and treatment planning framework, the updated Sixth Edition provides a systematic overview of behavioral and cognitive principles and their applications to a wide range of issues and situations encountered in human services professions. Up-to-date practice examples drawn from eight diverse case studies illustrate the range and versatility of the behavior change approach in an increasingly diverse and multicultural society, while an innovative chapter on clinical applications of behavioral and cognitive intervention techniques also addresses current influences in the field. This edition embraces the rigorous empirical foundations that have made this approach such a significant contributor to the national and international therapeutic milieu of the 21st century. Although Obsessive-Compulsive Disorder (OCD) has been known since the ancient times, the exact etiology and pathogenesis of OCD unfortunately still remain unknown. In addition, the therapeutic approaches elaborated for the treatment of OCD as a whole are not perfect, and this disorder as a rule is characterized by unfavorable course and lack of full therapeutic response. In the current book some modern data on pathogenesis, phenomenology and treatment of OCD are presented. Besides, the data on co-morbidity of OCD with other neurological and psychiatric disorders are also included. This book is intended for broad circle of readers, but mostly for psychiatrists, psychologists and neurologists. Edited by Steven C. Hayes and Stefan G. Hofmann, and based on the new training standards developed by the Inter-Organizational Task Force on Cognitive and Behavioral Psychology Doctoral Education, this groundbreaking textbook presents the core competencies of cognitive behavioral therapy (CBT) in an innovative, practically applicable way, with contributions from some of the luminaries in the field of behavioral science. CBT is one of the most proven-effective and widely used forms of psychotherapy today. But while there are plenty of books that provide an overview of CBT, this is the first to present the newest recommendations set forth by a special task force of the Association for
Behavioral and Cognitive Therapies—and that focuses on the application of these interventions based on a variety of approaches for doctoral-level education and training. Starting with an exploration of the science and theoretical foundations of CBT, then moving into a thorough presentation of the clinical processes, this book constitutes an accessible, comprehensive guide to grasping and using even the most difficult competencies. Each chapter of Process-Based CBT is written by a leading authority in that field, and their combined expertise presents the best of behavior therapy and analysis, cognitive therapy, and the acceptance and mindfulness therapies. Most importantly, in addition to gaining an up-to-date understanding of the core processes, with this premiere text you’ll learn exactly how to put them into practice for maximum efficacy. For practitioners, researchers, students, instructors, and other professionals working with CBT, this breakthrough textbook—poised to set the standard in coursework and training—provides the guidance you need to fully comprehend and utilize the core competencies of CBT in a way that honors the behavioral, cognitive, and acceptance and mindfulness wings of the tradition.

Cognitive-Behavioral Therapy translates CBT theory into practice by addressing how to apply core competencies for those serving mental health clients. Each skill is first presented with a sound evidence-based rationale followed by specific steps to follow. Video vignettes, discussion questions, and activities facilitate analysis and understanding. Children in today's world are inundated with information about who to be, what to do and how to live. But what if there was a way to teach children how to manage priorities, focus on goals and be a positive influence on the world around them? The Leader in Me is that programme. It's based on a hugely successful initiative carried out at the A.B. Combs Elementary School in North Carolina. To hear the parents of A. B Combs talk about the school is to be amazed. In 1999, the school debuted a programme that taught The 7 Habits of Highly Effective People to a pilot group of students. The parents reported an incredible change in their children, who blossomed under the programme. By the end of the following year the average end-of-grade scores had leapt from 84 to 94. This book will launch the message onto a much larger platform. Stephen R. Covey takes the 7 Habits, that have already changed the lives of millions of people, and shows how children can use them as they develop. Those habits -- be proactive, begin with the end in mind, put first things first, think win-win, seek to understand and then to be understood, synergize, and sharpen the saw -- are critical skills to learn at a young age and bring incredible results, proving that it's never too early to teach someone how to live well.

TEN SIMPLE STRATEGIES TO MANAGE ANXIETY, DEPRESSION, WORRY AND OTHER COMMON MENTAL HEALTH CONCERNS. Cognitive behavioural therapy is a proven form of psychotherapy that is often the first-line of treatment recommended for managing depression, anxiety, worry, and other common issues. Cognitive Behavioural Therapy Made Simple delivers a simplified approach to learning the most essential parts of cognitive behavioural therapy and applying them to your life. Written by licensed psychologist and bestselling author Seth Gillihan, Cognitive Behavioural Therapy Made Simple replaces workbook pages and technical language with quick and highly accessible cognitive behavioural therapy strategies that can be used on an as-needed basis. Presented with simple and straightforward language, Cognitive Behavioural Therapy Made Simple encourages readers to succeed with: - Practical explanations of 10 essential CBT principles: such as challenging negative thought patterns, behavioural activation, and overcoming procrastination, organized in a similar structure to in-person cognitive behavioural therapy - Supportive guidance: for creating goals and outlining strategies to help yourself meet them - Helpful self-evaluation sections: to help you track your progress and reflect on what you've learned using cognitive behavioural therapy For people who are interested in realizing the proven benefits of CBT, Cognitive Behavioural Therapy Made Simple is a vital resource that will promote personal growth as you overcome challenges and improve your wellbeing. An authoritative practitioner guide and student text, this book offers clear advice on how to structure and lead cognitive-behavioral therapy (CBT) groups and overcome common challenges that arise. Specific, evidence-based group assessment and treatment protocols are provided for a range of frequently encountered disorders. Emphasizing that a CBT group is more than the sum of its individual members, the authors show how to understand and use group process to optimize outcomes. Up to date, accessible, and highly practical, the book is filled with session outlines, sample dialogues, checklists, troubleshooting tips, and other user-friendly features. Behavior Change in the Human Services, Sixth Edition continues to provide a systematic introduction and overview of behavioral and cognitive principles and their
applications to a wide range of problems and situations encountered in the human service professions. Designed for students and practitioners, the book uses a unique problem-solving framework to demonstrate how behavior change principles can be applied to practice situations. Martin and Sandra Sundel feature a detailed and sequential organization that encourages readers to move progressively through material of increasing complexity and to conduct self-assessments of their knowledge. The Fifth Edition includes eight clinical case studies and many new and engaging examples that address issues such as substance abuse, child behavior problems, assertiveness, marital discord, and developing appropriate social behaviors. The expanded chapter on intervention techniques incorporates empirically tested behavioral and cognitive strategies for addressing clinical problems such as phobias, anxiety disorders, depression, and other behavioral disorders. Current developments and trends in the field are discussed, including the movement toward evidence-based practice. This comprehensive yet accessible text also features figures, charts, and forms to demonstrate data collection and analysis. Any student pursuing a career in the helping professions, including social work, psychology, counseling, special education, nursing, and psychiatry, will find this book valuable.
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book would have been completed much sooner, but would have been much less fun, I dedicate this book. D.M. 5 Contents Prologue 11 Chapter 1 17 Self-Instructional Training Hyperactive, Impulsive Children: An Illustration of a Search for a Deficit 23 Luria's Model (24), Private Speech and Mediational Skills (27) Self-Instructional Treatment of Hyperactive, Impulsive Children: A Beginning 31 Empirical Studies of Self-Instructional Training 34 Combining Self-Instructions and Operant Procedures (44), Reasoning Rediscovered (47), Importance of Attributitional Style (48), Taking Stock (54) Chapter 2 The Clinical Application of Self-Instructional Training to Other Clinical Populations: Three Illustrations 55 Social Isolates 56 Creative Problem-Solving 58 Adult Schizophrenics 68 What Shall We Say to Ourselves When We Obtain Negative Results? 77 7 8 Contents Chapter 3"Subject Areas/Keywords: anger, approval seeking, assumptions, avoidance, basics, CBT, challenging, clinical practice, cognitive distortions, cognitive therapy, cognitive-behavioral therapy, CT, decision making, distortion, eliciting, emotion regulation, emotional processing, emotions, evaluating, examining, forms, homework, interventions, intrusive, logical errors, modifying, practitioners, psychotherapists, psychotherapy, schemas, self-criticism, skills, strategies, techniques, testing, therapists, thoughts, training DESCRIPTION This indispensable book has given many tens of thousands of practitioners a wealth of evidence-based tools for maximizing the power of cognitive therapy and tailoring it to individual clients. Leading authority Robert L. Leahy describes ways to help clients identify and modify problematic thoughts, core beliefs, and patterns of worry, self-criticism, and approval-seeking; evaluate personal schemas; cope with painful emotions; and take action to achieve their goals. Each technique includes vivid case examples and sample dialogues. Featuring 125 reproducible forms, the print book has a large-size format for easy photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials. "--The main purpose of this book is to be useful in daily practice to clinicians, including less-discussed subjects that are frequently encountered in practice. For this, it was aimed to explain the formulation of the disorder in light of the basic CBT model in each chapter and then to present the treatment approach of the disorder with case examples. We believe that the case examples, which came from the authors' own practices, are the strength of the book. 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. Self-Management, First Edition gives instructors flexibility in teaching self management skills & behavior changes. With this book, students can discuss the design of hypothetical self-management projects in class or design and carry out an actual project to change their own behaviors. More importantly, it will enable students to teach these skills to others, particularly clients in their future careers. A main feature of this text is the inclusion of application exercises. These exercises can serve two functions. First, they enable students to draw together their answers and solutions in the work sheets provided to form the basis for a program design. Second, the exercises get the students actively involved in the chapter material, promoting a more detailed and full understanding of the concepts and techniques. The Science of Cognitive Behavioral Therapy describes the scientific approach of CBT, reviews the efficacy and validity of the CBT model, and exemplifies important differences and commonalities of CBT approaches. The overarching principle of CBT interventions is that cognitions causally influence emotional experiences and behaviors. The book reviews recent mediation studies, experimental studies, and neuroimaging studies in affective neuroscience that support the basic model of CBT, as well as those that clarify the mechanisms of treatment change. Additionally, the book explains the interplay of cognition and emotion in CBT, specifies the treatment goals of CBT, discusses the relationship of cognitive models with medical models and associated diagnostic systems, and provides concrete
illustrations of important general and disorder-specific considerations of CBT. Investigates the scientific foundation of CBT Explores the interplay of emotion and cognition in CBT Reviews neuroscience studies on the mechanisms of change in CBT Identifies similarities and differences in CBT approaches for different disorders Discusses CBT extensions and modifications Describes computer assisted applications of CBTBuilding 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 The all-new videos feature clinicians demonstrating methods in real-world settings and include new topics such as safety planning and uncovering and changing maladaptive schemas. Proven as one of the best teaching tools for building competence in CBT, this new edition will enrich readers' understanding and practice of CBT.Substance use and substance use disorders (SUDs) have been documented in a number of cultures since the beginnings of recorded time and represent major societal concerns in the present day. The Oxford Handbook of Substance Use and Substance Use Disorders provides comprehensive reviews of key areas of inquiry into the fundamental nature of substance use and SUDs, their features, causes, consequences, course, treatment, and prevention. It is clear that understanding these various aspects of substance use and SUDs requires a multidisciplinary perspective that considers the pharmacology of drugs of abuse, genetic variation in these acute and chronic effects, and psychological processes in the context of the interpersonal and cultural contexts. Comprising two volumes, this Handbook also highlights a range of opportunities and challenges facing those interested in the basic understanding of the nature of these phenomena and novel approaches to assess, prevent, and treat these conditions with the goal of reducing the enormous burden these problems place on our global society. Chapters in Volume 1 cover the historical and cultural contexts of substance use and its consequences, its epidemiology and course, etiological processes from the perspective of neuropsychopharmacology, genetics, personality, development, motivation, and the interpersonal and larger social environment. Chapters in Volume 2 cover major health and social consequences of substance involvement, psychiatric comorbidity, assessment, and interventions. Each chapter highlights key issues in the respective topic area and raises unanswered questions for future research. All chapters are authored by leading scholars in each topic. The level of coverage is sufficiently deep to be of value to both trainees and established scientists and clinicians interested in an evidenced-based approach. This volume is a concise, convenient, and clearly written book for those who wish to study, master, and teach the core competencies of cognitive-behavioral therapy. Relevant for novice therapists as well as experienced clinicians and supervisors, this text also goes “between the lines” of evidence-based practices to highlight those methods which maximize the motivational and inspirational power of this therapy. Dr. Newman focuses on ways in which therapists can make treatment memorable for clients, thus enhancing maintenance and self-efficacy. He also highlights the value system that is inherent in best practices of cognitive-behavioral therapies, such as clinicians’ commitment to earn the trust and collaboration of clients, to be humble students of the field for their entire careers, and to seek to combine the best of empirical thinking with warmth and creativity. Notably, this handbook also emphasizes the importance of therapists applying cognitive-behavioral principles to themselves in the form of self-reflective skills, good problem-solving, being role models of self-care, and being able to use techniques thoughtfully in the service of repairing strains in the therapeutic relationship. Newman’s book provides many enlightening clinical examples, including those practices that otherwise eager
therapists should not do (such as “micro-managing” the client’s thoughts), as well as a plethora of transcript material that describes best supervisory practices. It does all this with a tone that is engaging, respectful of the reader, caring towards the clients, and optimistic about the positive impact cognitive-behavioral therapies—when learned and used well—can have on the lives of so many, clients and clinicians alike. If you or someone you know has ever experienced anxiety, depression, stress, eating disorder, bipolar disorder or any other mental health challenge, you know exactly how traumatic such an experience can be. Not only does it cause substantial emotional damage, mental health problems can make you lose your sense of self and also affect your ability to handle diversity. But did you know that use Cognitive Behavioral Therapy (CBT) to come out of the suffering and struggle of mental health challenges and become more successful in your life? “Introducing Cognitive Behavioral Therapy” is your comprehensive, go-to guide for understanding the fundamentals of CBT and using your inner thoughts to create lasting change in your life without constant struggles. This book is written to show you everything you need to know about CBT. With this book, you’ll understand what CBT is, how it works, how to implement it and how to use it to become the best version of you. Within the pages of this special guide, author Daniel Anderson revealed how to rewire your brain and free yourself stress, anxiety and intrusive thoughts using CBT. This book is a self-help resource with practical steps that will help you live above every mental health problem including self-doubt and fear to create a life of peace and meaningful purpose. Everyone struggles with mental health issues from time to time, and in the United States alone, more than 44 million adults have a mental health condition. This is an essential handbook for you to deal with these life-altering situations using CBT. Inside this handbook, you’ll discover: The important role thinking plays in how you feel and what you do Up-to-the-minute methods to improve your mental health with CBT How to apply CBT to combat over-think negative patterns How to define a specific goal to work towards over the course of 6 weeks How to fight anxiety, stress and depression with CBT And more! Behavioral activation theory indicates that much clinically relevant human behavior is a function of positive reinforcement, and that when positive reinforcement is reduced, lost, or chronically low depression results. Behavioral activation encourages clients to obtain and nurture the skills that allow them to establish and maintain contact with diverse, stable sources of positive reinforcement. This creates a life of meaning, value and purpose. Behavioral Activation: Distinctive Features clarifies the fundamental theoretical and practical features of behavioral activation, integrating various techniques into a unified whole that is efficient and effective. The book includes numerous case examples and transcribed segments from therapy sessions and outlines behavioral concepts using straightforward terms and examples so that all therapists can see the utility and practical value of this approach. This book will provide essential guidance for students and new therapists, as well as more experienced clinicians wanting to know more about what makes behavioral activation a distinct form of cognitive behavior therapy. Proven and effective, cognitive-behavior therapy is the most widely taught psychotherapeutic technique. General Principles and Empirically Supported Techniques of Cognitive Behavior Therapy provides students with a complete introduction to CBT. It includes over 60 chapters on individual therapies for a wide range of presenting problems, such as smoking cessation, stress management, and classroom management. Each chapter contains a table clearly explaining the steps of implementing each therapy. Written for graduate psychology students, it includes new chapters on imaginal exposure and techniques for treating the seriously mentally ill. An introduction to research methods that is designed for advanced undergraduate and beginning graduate level courses, this text emphasizes question formulation, data collection, and the interpretation of results. The author assumes the reader has completed a course in research methods and statistics. Written on a non-specialist level, this highly practical text emphasizes the basic principles and applications of behavioral neurology and neuropsychology. Emphasis is on the broad recognition of the signs and symptoms of neurobehavioral disorders and attendant acute and long-term management strategies. The text covers the broad recognition of signs and symptoms, acute and long term management strategies, and current, therapeutic options. Each chapter begins with an outline, and highlighted key words and main points. Each chapter ends with a list of main points and key readings, glossary and references. Each chapter contains a generous number charts, tables, algorithms, and figures. With over 80 Contributors, The ABCs of Human Behavior the first book to present modern behavioural psychology to practicing clinicians. The book focuses both on the classical
principles of learning, as well as the more recent developments that help explain language and cognition. When cognitive behaviour therapy emerged in 1950s, driven by the work of Albert Ellis and Aaron Beck, basic behaviour principles were largely sidelined in clinical psychology curricula. Issues in cognition became the focus of case conceptualization and intervention planning for most therapists. But as the new "third-wave" behaviour therapies begin to address weaknesses in the traditional cognitive behavioural models--principally the modest effectiveness of thought stopping and cognitive restructuring techniques--basic behaviour principles are once again attracting the interest of front-line clinicians. Many of today's clinicians, though, received their training during the years in which classical behaviourism was not a major part of clinical education. In order to make the best use of the new contextual behaviourism, they need to revisit basic behavioural principles from a practical angle. This book addresses this need. The ABCs of Human Behavior offers practicing clinicians a pithy and practical introduction to the basics of modern behavioural psychology. The book focuses both on the classical principles of learning as well as more recent developments that explain language and cognition in behavioural and contextual terms. These principles are not just discussed in the abstract--rather the book shows how the principles of learning apply in the clinical context. Practical and easy to read, the book walks clinicians through both common sense and clinical examples that help them learn to use behavioural principles to observe, explain and influence behaviour in a therapeutic setting. "The leading text for students and practicing therapists who want to learn the fundamentals of cognitive behavior therapy (CBT), this book is eminently practical and authoritative. In a highly accessible, step-by-step style, master clinician Judith S. Beck demonstrates how to engage patients, develop a sound case conceptualization, plan treatment, and structure sessions effectively. Core cognitive, behavioral, and experiential techniques are explicated and strategies are presented for troubleshooting difficulties and preventing relapse. An extended case example and many vignettes and transcripts illustrate CBT in action"--This comprehensive Handbook summarizes existing work and presents new concepts and empirical results from leading scholars in the multidisciplinary field of behavioral and cognitive geography, the study of the human mind, and activity in and concerning space, place, and environment. It provides the broadest and most inclusive coverage of the field so far, including work relevant to human geography, cartography, and geographic information science.Behavior Change in the Human Services, Sixth Edition continues to provide a systematic introduction and overview of behavioral and cognitive principles and their applications to a wide range of problems and situations encountered in the human service professions. Designed for students and practitioners, the book uses a unique problem-solving framework to demonstrate how behavior change principles can be applied to practice situations. Martin and Sandra Sundel feature a detailed and sequential organization that encourages readers to move progressively through material of increasing complexity and to conduct self-assessments of their knowledge. 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Any student pursuing a career in the helping professions, including social work, psychology, counseling, special education, nursing, and psychiatry, will find this book valuableThis book presents deliberate practice exercises in which students and trainees rehearse fundamental cognitive-behavioral therapy (CBT) skills until they become natural and automatic.Although a number of variations on the original theory have developed over the decades, all types of cognitive--behavioral therapy are unified by their empirical foundation, reliance on the theory and science of behavior and cognition, and the centrality of problem-focused goals. In this book, Michelle G. Craske presents and explores this approach, its theory, history, the therapy process, primary change mechanisms, empirical basis, and future developments. Professor Bandura presents basic psychological principles governing human behavior within the conceptual framework of social learning, reviewing the recent theoretical and experimental advances in the field and discuting extensive applications of this knowledge to the
vital areas of personality development, education, psychopathology and psychotherapy. The numerous investigations contained in the book also illustrate how understanding of major change processes can be advanced by inventive research on socially significant problems. The book is concerned not only with the validity of the principles set forth but also with the conditions under which they can serve as instruments for human advancement. The value issues that arise in the applications of social learning procedures in the achievement of various psychological changes are closely examined, special attention being given to the effects of social practices on man's self-evaluation and self-enhancement. This book is a newly revised version of the highly influential text, Rational Emotive Behavioral Approaches to Childhood Disorders: Theory, Practice and Research, based on an earlier volume by Bernard and Ellis. The revised edition incorporates recent significant advances in applying this approach to younger populations, updates best practice guidelines, and discusses the burgeoning use of technology to deliver mental health services. Featuring content from experts across a variety of areas, the book provides clinical guidance to a range of professionals working with children, including counselors, social workers, clinical and school psychologists. It also offers extensive illustrated material, self-test questions, and other useful resources to aid with use as a graduate level text or training reference. Among the topics addressed: Developing therapeutic skillsets for working with children and adolescents Promoting self-acceptance in youth Building resilience in youth Parent counselling and education Teacher stress management Cognitive-Behavioral, Rational Emotive Treatment of Childhood Problems highlights the potential for evidence-based services to reach and positively influence child and adolescent populations that remain underserved by today's clinical and educational systems. This user-friendly guide to the basics of Buddhist psychology presents a roadmap specifically designed for cognitive-behavioral therapy (CBT) practitioners. It explains central Buddhist concepts and how they can be applied to clinical work, and features numerous experiential exercises and meditations. Downloadable audio recordings of the guided meditations are provided at the companion website. Essential topics include the relationship between suffering and psychopathology, the role of compassion in understanding and treating psychological problems, and how mindfulness fits into evidence-based psychotherapy practice. The book describes an innovative case conceptualization method, grounded in Buddhist thinking, that facilitates the targeted delivery of specific CBT interventions. Three master therapists give therapists a rich understanding of the methods, approaches, and ideas that drive modern CBT, and illustrate these principles with hypothetical client cases.

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