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Cognitive Behavioral Therapy Techniques and Strategies

Amy Wenzel, Keith S. Dobson, Pamela A. Hays

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Intended as a stand-alone companion to the APA video series of the same title, this volume brings together three esteemed leaders and trainers in the field to of cognitive behavioral therapy (CBT) elucidate the key principles, frameworks, and therapeutic processes that are practiced by effective cognitive behavior therapists. In engaging language, this slim and approachable volume follows the typical sequence of delivering CBT to a client, with chapters focusing on assessment, case conceptualization, core beliefs, behavioral strategies, problem-solving strategies, cultural responsiveness, and techniques to address distorted thinking. Featuring illustrative hypothetical cases and discussion of cutting-edge research, this volume will give therapists a rich understanding of the various methods, approaches, and ideas that drive modern CBT.

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