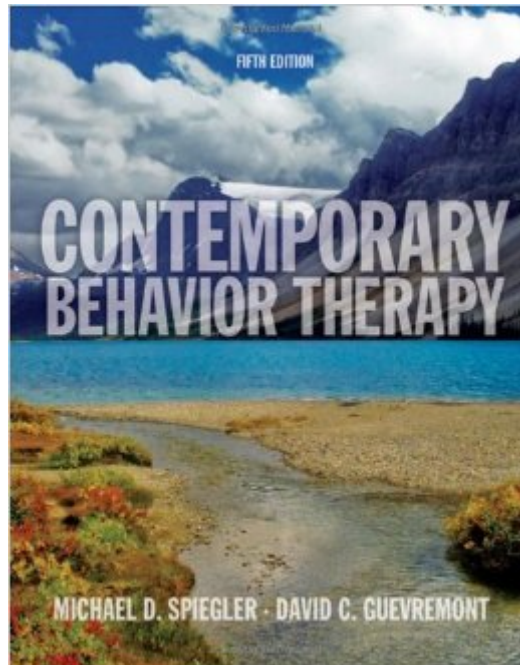


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# Contemporary Behavior Therapy



## Synopsis

This respected up-to-date survey of contemporary behavior therapy synthesizes the clinical, research, theoretical, and ethical facets of behavior therapy. It is simultaneously an introduction for beginning students and a scholarly review and resource for advanced students. The book is comprehensive, covering all the major behavioral and cognitive therapies. The wealth of case studies illustrate the application of behavior therapy techniques to a wide array of problems and clinical populations. The text's multidisciplinary approach includes applications to diverse fields, including psychology, education, social work, nursing, and rehabilitation.

## Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (16 customer reviews)

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## Customer Reviews

This book is easy to read, providing a broad overview of contemporary behaviour therapy issues. Having read it cover to cover, I would recommend this book be read in conjunction with further, more detailed texts to flush out the finer details as the authors cover a number of therapy and models generally without going into much depth. However as a general introductory text, the authors have in my opinion delivered a useful package with elements of behaviour therapy successfully complimented by real-life examples of case studies and useful end-of-chapter summaries. The textbook comes with an additional student resource materials/participation worksheet booklet which unfortunately I did not find useful. A good book for the undergraduate level.

I needed this textbook for a college course, and found it was very easy to read. We spent a week or

so on each chapter, and put into practice some of the concepts, using behavior therapy on ourselves, and I have to say it was actually a lot of fun. Some textbooks can present material in a dry, dull manner, but this one did not have that problem. I also rented it rather than buying it, and had a great experience with 's textbook rental, and saved a significant amount of money.

I just got through using this text along with Beck's "Cognitive Therapy - basics and beyond." This is an informative text and gives a very broad overview of the various techniques that come under the title "Cognitive - Behavioral Therapy." If you are looking for a broad view - this would be the text, if you are looking for specific advice to apply to practice, choose another book.

This book is very useful in providing direct links of theory to practice. The text format utilizes practice activities and case reviews which allow for a clearer understanding of how behavioral techniques are utilized through multiple venues of practice.

this book took a while to get to my house I thought someone stole my mail. It arrived, but it was pretty marked up and had someones phone number in it. Nothing rude but, there is a lot of thing high lighted.

Had to have this text for school. AM still in school, so I cannot comment on how these theories and treament plans translate into personal practice.

A little dirty (something sticky on the cover). However, the inside is fantastic and that is what counts. Also, it arrived exactly when stated.

All other places wanted a fortune for this book. It is in great shape, with only some highlighting in the first couple of chapters.

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