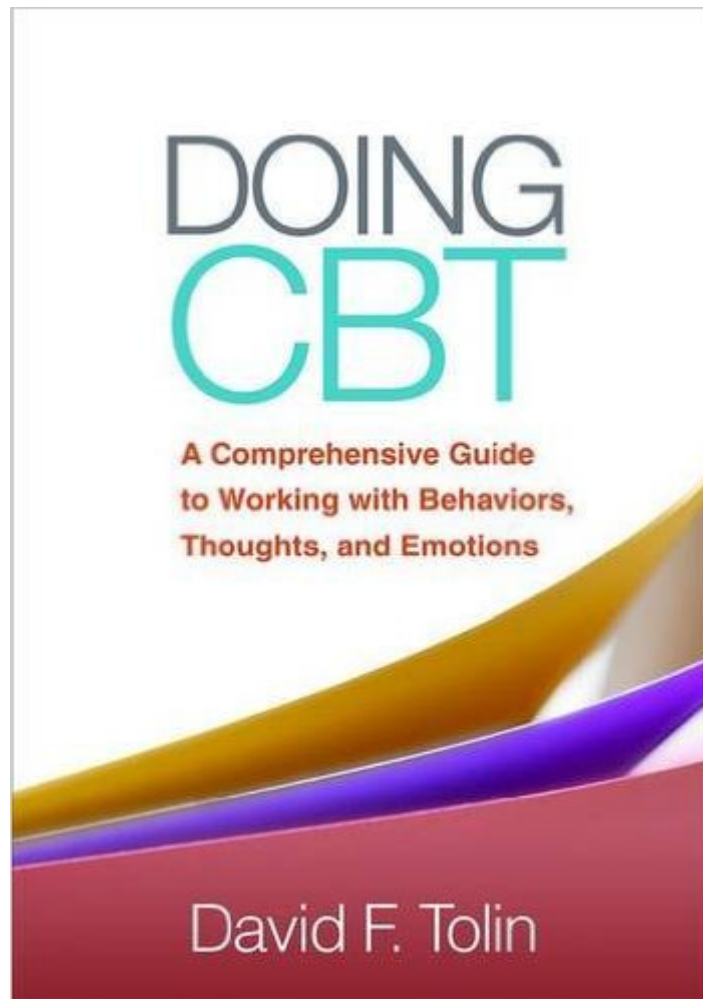


The book was found

# Doing CBT: A Comprehensive Guide To Working With Behaviors, Thoughts, And Emotions



## Synopsis

This accessible text and practitioner resource provides a complete introduction to the art and science of cognitive-behavioral therapy (CBT). In a witty, straight-talking style, David F. Tolin explains core concepts and presents effective techniques for addressing the behavioral, cognitive, and emotional elements of psychological problems. Vivid examples of several clients are followed throughout the book, which concludes with three chapter-length case illustrations. Readers gain essential skills for conceptualizing a case, planning treatment, and conducting therapy, from intake to termination. Reproducible forms and worksheets are included; purchasers get access to a Web page where they can download and print all 39 reproducible tools in a convenient 8 1/2" x 11" size. Pedagogical Features: \*Numerous engaging sidebars: Try This, The Science Behind It, Adapting the Process, and more. \*End-of-chapter Personal Target Worksheets that enable self-practice of core CBT skills. \*Quick-reference definitions of key terms.

## Book Information

Hardcover: 594 pages

Publisher: The Guilford Press; 1 edition (August 12, 2016)

Language: English

ISBN-10: 1462527078

ISBN-13: 978-1462527076

Product Dimensions: 7 x 1.4 x 10 inches

Shipping Weight: 2.8 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #134,668 in Books (See Top 100 in Books) #14 in Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy #63 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Psychiatric #79 in Books > Medical Books > Nursing > Psychiatry & Mental Health

[Download to continue reading...](#)

Doing CBT: A Comprehensive Guide to Working with Behaviors, Thoughts, and Emotions Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety, Depression, Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological Conditions Cognitive Behavioral Therapy : 10 Simple Guide To CBT For Overcoming Depression, Anxiety & Destructive Thoughts NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control,

CBT) Doing CBT Cognitive Behavioral Therapy (CBT): 9 Powerful Techniques to Cure Negative Thoughts, Anxiety & Depression [**\*\*FREE GIFT\*\*** Instant Transformational Hypnotherapy Masterclass] Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) Gorilla Mindset: How to Control Your Thoughts and Emotions to Live Life on Your Terms Deep Thoughts & Vulgar Quotes: The Book for Adults filled with Dirty Quotes, Deep and Vulgar Thoughts, Profane Proverbs! (Shut the F\*ck Up and Color 7) Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks) Doing Contextual Therapy: An Integrated Model for Working with Individuals, Couples, and Families Doing a Literature Search: A Comprehensive Guide for the Social Sciences (SAGE Study Skills Series) Cognitive Behavioral Therapy : A Comprehensive Guide For Defeating Depression, Overcoming Anxiety, & Eliminate Negative Thoughts The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors Treating Self-Destructive Behaviors in Trauma Survivors: A Clinician's Guide Decreasing Behaviors of Persons With Severe Retardation and Autism Dog Training: Ultimate Puppy Training for Happy, Obedient Dogs: Stop Bad Behaviors, use Positive Reinforcement, and Develop Obedience (23 Impressive Dog ... Raising A Puppy, Potty Training) Unmasking Male Depression: Recognizing the Root Cause to Many Problem Behaviors Such as Anger, Resentment, Abusiveness, Silence, Addictions, and Sexual Compulsiveness Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: &#147;Numb&#148; Survivors

[Dmca](#)