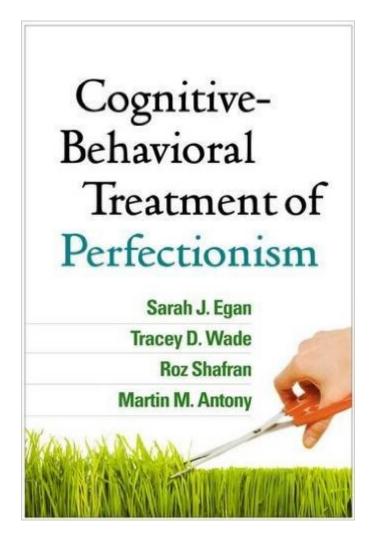
The book was found

Cognitive-Behavioral Treatment Of Perfectionism





Synopsis

This practical resource provides an evidence-based framework for treating clients struggling with perfectionism, whether as the main presenting problem or in conjunction with depression, eating disorders, anxiety disorders, or obsessive-compulsive disorder. Using a case formulation approach, the authors draw on their extensive cognitive-behavioral therapy (CBT) experience to present specific techniques and interventions. Coverage spans treatment planning, the therapeutic alliance, key obstacles that may arise, relapse prevention, and emerging research. Reproducible assessment scales and 36 patient handouts are included; purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2 x 11 size.

Book Information

Paperback: 402 pages

Publisher: The Guilford Press; Reprint edition (June 29, 2016)

Language: English

ISBN-10: 1462527647

ISBN-13: 978-1462527649

Product Dimensions: 5.9 x 1 x 8.9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â See all reviews (4 customer reviews)

Best Sellers Rank: #299,362 in Books (See Top 100 in Books) #38 in Books > Medical Books >

Psychology > Movements > Cognitive Behavioral Therapy #239 in Books > Textbooks > Social

Sciences > Psychology > Neuropsychology #515 in Books > Textbooks > Medicine & Health

Sciences > Medicine > Clinical > Psychiatry

Customer Reviews

I'm a licensed social worker and an avid reader, but this was just too much for me though I was really interested because I suffer from perfectionism. It also refers to a lot of tests or forms that the average person is unable to access for free. A lot of the information I had already read online, but there was a lot of new things too, but I think there's so much, and it's pretty boring, so I gave up in the middle of the book and that's not like. I might not have been into it too much because a lot of their stories were about people that take perfectionism to the extreme. I don't think I would recommend this book unless this is all you are going to see and only in extreme forms at your practice, and only if you have money to access the tests and forms. Then, I would make sure you are awake or alert to the 10th degree.

This was a much needed treatment manual in the field with various exercises, examples, metaphors, worksheets, and assessment tools. Informative, useful, and practical - highly recommended for those difficult-to-treat perfectionism cases. I have been thankful to have it as a guide.

Outstanding book

very informative!

Download to continue reading...

Cognitive-Behavioral Treatment of Perfectionism Treatment of Chronic Medical Conditions: Cognitive-Behavioral Therapy Strategies and Integrative Treatment Protocols Cognitive-Behavioral Treatment of Borderline Personality Disorder Cognitive-Behavioral Social Skills Training for Schizophrenia: A Practical Treatment Guide Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program: Workbook (Treatments That Work) Perfecting Ourselves to Death: The Pursuit of Excellence and the Perils of Perfectionism How to Be an Imperfectionist: The New Way to Self-Acceptance, Fearless Living, and Freedom from Perfectionism Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism and the Need for Control Of Space and Mind: Cognitive Mappings of Contemporary Chicano/a Fiction (Cognitive Approaches to Literature and Culture) Learn: Cognitive Psychology - How to Learn, Any Skill or Subject in 21 Days! (Learn, Learning Disability, Learning Games, Learning Techniques, Learning ... Learning, Cognitive Science, Study) ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach: Workbook (Treatments That Work) Cognitive Behavioral Therapy: Techniques for Retraining Your Brain, Break Through Depression, Phobias, Anxiety, Intrusive Thoughts (Training Guide, Self-Help, Exercises) The Cognitive Behavioral Workbook for Anxiety: A Step-By-Step Program When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder 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: Break Through Depression, Free Yourself From Anxiety, And Understand Why You Don't "Feel Normal" - UNLEASH YOUR

INNER GREATNESS Cognitive-Behavioral Therapy for Adult ADHD The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks)

<u>Dmca</u>