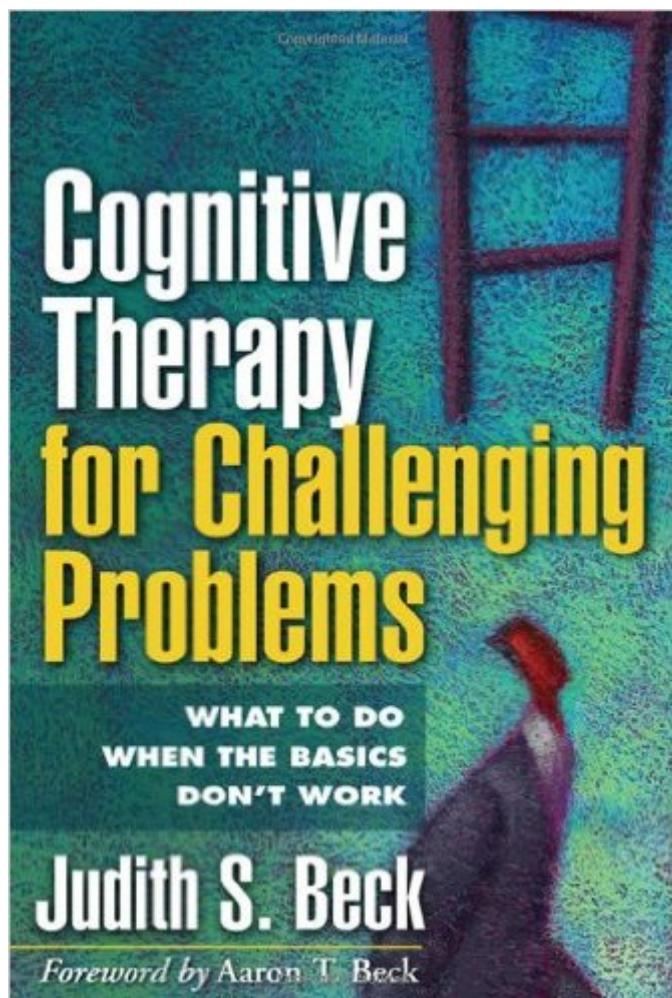


The book was found

Cognitive Therapy For Challenging Problems: What To Do When The Basics Don't Work



Synopsis

This groundbreaking book addresses what to do when a patient is not making progress. Provided is practical, step-by-step guidance on conceptualizing and solving frequently encountered problems, whether in developing and maintaining the therapeutic alliance or in accomplishing specific therapeutic tasks. While the framework presented is applicable to a range of challenging clinical situations, particular attention is given to modifying the longstanding distorted beliefs and dysfunctional behavioral strategies of people with personality disorders. Helpful appendices include a reproducible assessment tool, the Personality Belief Questionnaire. See also Dr. Beck's Cognitive Behavior Therapy, Second Edition: Basics and Beyond, the leading text for students and practicing therapists who want to learn the fundamentals of CBT.

Book Information

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Customer Reviews

This is a highly practical guide for using cognitive therapy with patients who present challenging issues mental health practitioners, whether you are a veteran or a novice. Chock-full of numerous detailed case scenarios, this work will enrich the practice of novice and experienced practitioner alike. Therapists have long been reporting that they are seeing increasingly difficult cases in their practices. Axis I and Axis II comorbidities have become the rule rather than the exception. By systematically addressing these challenges in this clearly written and eminently readable new volume, Judith Beck takes cognitive therapy to a new level. If therapy does not seem to be going well, most clinicians can think of another therapist who they think would fare better. We will be all the

better as clinicians from benefitting from Dr. Beck's knowledge and expertise in putting together this scholarly, yet practical resource.

I really liked this book written by one of the best known cognitive therapists in the country. . . . perhaps only her father is a better known cognitive therapist. It is very beneficial to read how Dr. J. Beck approaches challenging problems that arise during therapy. The case examples she gives can give a therapist insight into how a master therapist works. Although I liked virtually everything in the book, I particularly liked the chapter on dealing with problems that patients with axis II disorders present. The author also identifies some typical therapist reactions to the challenging problems that some clients exhibit. I will keep this book as a reference for a very long time

At first, I received a damaged book, but they replaced it to a brand new/good condition right away. (Thank and the company for that.) A lot of good examples and make a MHP to re-think what might be missing or to understand possible thinking process of a client/patient. Especially when you are dealing a difficult or not progressing situation, this book might be a good resource to read up!

great quality, ahead of time delivery

This is a great book for novice therapists. The chapters have specific case examples and tips on what to say in each situation.

This book was helpful in reinforcing the basics of CBT and how to use them in dealing with challenging patients.

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