



Cognitive Therapy Techniques, First Edition: A Practitioner's Guide

By Robert L. Leahy

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Robert L. Leahy

A proven clinical resource, this book is packed with useful tools and interventions that will expand the repertoire of novice and experienced cognitive therapists. Detailed are the full variety of evidence-based techniques that can be brought to bear on specific client problems and therapeutic challenges. Therapists will rediscover--or learn for the first time--a wealth of effective ways to identify and challenge thoughts and core beliefs; modify patterns of worry, self-criticism, and approval-seeking; evaluate personal schemas; intervene in emotional processes; and activate new experiences for the client. Each technique is thoroughly described in Robert L. Leahy's trademark accessible style and illustrated with vivid case examples. Designed in a convenient large-size format, the book is bursting with 88 reproducible client forms and handouts.

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Editorial Review

Review

"An excellent compilation of highly specific interventions that can be used in the context of providing cognitive-behavioral therapy. Many are evidence-based and draw on social-cognitive learning theory. Practitioners will find this an exceedingly useful resource for well-established as well as innovative clinical approaches that are applicable to the treatment of a wide range of disorders."--Bruce A. Thyer, PhD, LCSW, School of Social Work, Florida State University

"*Cognitive Therapy Techniques* will be valuable to both trainees and experienced therapists. It covers a wide range of therapeutic interventions, providing clear examples, forms to use with clients, and concrete suggestions for homework assignments. Written for readers who are familiar with the principles and practice of cognitive therapy, it will be a useful adjunct to the basic cognitive therapy texts."--James Pretzer, PhD, Cleveland Center for Cognitive Therapy

"The best methods cognitive therapy has to offer are explained in this clear and compelling book from a master therapist. Dr. Leahy provides a cornucopia of creative, innovative, and useful techniques. The richly detailed explanations in this book will help both novice and advanced clinicians build their cognitive therapy skills"---Jesse H. Wright, MD, PhD, Department of Psychiatry and Behavioral Sciences, University of Louisville School of Medicine

"A treasury of cognitive therapy strategies and techniques. Provides all the tools a therapist needs for effective cognitive therapy."--Aaron T. Beck, MD, Department of Psychiatry, University of Pennsylvania

"This volume adds immeasurably to the clinical literature and will surely become a classic in the field. Leahy, who has made his mark as a theoretician, researcher, and clinician, provides a rich resource for therapists of any primary orientation. In a thorough, user-friendly style, he describes specific techniques, offers a rationale for each intervention, helps the reader implement the technique, provides a clinical example, and problem-solves potential difficulties. Clinicians can pick and choose those interventions that have the greatest likelihood of furthering a given treatment plan. This book has great potential as a teaching tool for graduate-level students in psychology and related fields, and for psychiatric residents. I teach a course in CBT and am likely to make this a required text."--Arthur Freeman, EdD, ABPP, Chair, Department of Psychology, Philadelphia College of Osteopathic Medicine

"...well written and user-friendly. Dr. Leahy uses jargon-free and accessible language without sacrificing complexity or sophistication. The uniform layout of the techniques is a major strength of this volume. The layout of the techniques provides an inexperienced cognitive therapist with all of the tools necessary for understanding how, when, and for what reason to employ a specific cognitive technique....This volume is an exceptionally useful resource for cognitive therapists. It is likely to benefit anyone from the student to the expert in cognitive therapy. This volume is also likely to be read by a variety of practitioners from non-cognitive orientations, as many non-cognitive therapist[s] incorporate cognitive techniques into their practice....this is an excellent volume that will find a home not on the bookshelf, but in the hands and laps of many practitioners."

(*Cognitive Behavioral Therapy Book Reviews* 2003-07-31)

About the Author

Robert L. Leahy, PhD, is Director of the American Institute for Cognitive Therapy in New York and Clinical Professor of Psychology in the Department of Psychiatry at Weill Cornell Medical College in New York. His research focuses on individual differences in theory of emotion regulation. Dr. Leahy is Associate Editor of the *International Journal of Cognitive Therapy* and is past president of the Association for Behavioral and Cognitive Therapies, the International Association for Cognitive Psychotherapy, and the Academy of Cognitive Therapy. He is the 2014 recipient of the Aaron T. Beck Award from the Academy of Cognitive Therapy.

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Playing with family in the park, coming to see the coastal world or hanging out with pals is thing that usually you might have done when you have spare time, after that why you don't try matter that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Cognitive Therapy Techniques, First Edition: A Practitioner's Guide, you could enjoy both. It is good combination right, you still want to miss it? What kind of hang type is it? Oh occur its mind hangout men. What? Still don't understand it, oh come on its referred to as reading friends.

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