



# The CBT Toolbox: A Workbook for Clients and Clinicians

*By Jeff Rigenbach PhD LPC*

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#### Review

"Using many clear clinical examples, Rigenbach moves easily between theory, conceptualization, treatment planning, and the application of CBT techniques. It is well-written, user-friendly, and filled with the information and ideas that can only come from an expert clinician." -- Arthur Freeman, EdD, ScD, ABPP  
"Executive Program Director of Clinical Psychology, Midwestern University"

"Clear, accessible and easy-to-read, this Workbook presents each problem in terms of the characteristic thinking patterns, feelings and behaviors of the client. Effective and practical tools including reproducible forms and handouts are provided to facilitate healing. Whether you are familiar or new to CBT, this workbook is highly recommended." -- John Ludgate, Ph.D "Founding Fellow of the Academy of Cognitive Therapy and author of Heal Yourself: A CBT Approach to Reducing Therapist Distress and Increasing Therapeutic Effectiveness"

#### About the Author

Jeff Rigenbach, Ph.D., LPC, trained at the Beck Institute of Cognitive Therapy and Research in Philadelphia, is a Diplomate of the Academy of Cognitive Therapy, and lectures nationally & internationally on topics related to cognitive therapy and personality dysfunction. He currently serves as the Director of Outpatient Services at Brookhaven Hospital in Tulsa where he oversees Mood and Anxiety Disorders Programs and Brookhaven's Borderline Personality Disorder Treatment Program. Dr. Rigenbach is well-known for bridging the gap between academia, research findings, and day-to-day clinical practice.

### **Users Review**

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