Trial-Based Cognitive Therapy: A Manual for Clinicians



Filesize: 2.84 MB

Reviews

Very good e-book and valuable one. It can be writter in basic words and phrases and not confusing. You will not really feel monotony at whenever you want of your own time (that's what catalogues are for concerning should you check with me). (Mr. Antwon Frami)

TRIAL-BASED COGNITIVE THERAPY: A MANUAL FOR CLINICIANS



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Taylor & Francis Ltd. Paperback. Book Condition: new. BRAND NEW, Trial-Based Cognitive Therapy: A Manual for Clinicians, Irismar Reis de Oliveira, Trial-Based Cognitive Therapy presents a model that, although still inherently Beckian, organizes known cognitive and behavioral techniques in a step-by-step fashion in order to make cognitive therapy easier for the new therapist to learn, easier for patients to understand, and simpler to implement. Based on and backed up by a series of published studies, Trial-Based Cognitive Therapy lays out structured strategies for changing core beliefs about the self, and its clear, coherent, integrative conceptualization of psychopathology is presented as an easy-to-remember case-formulation model that is useful for both the therapist and the client. This book introduces a new approach, the Trial-Based Cognitive Therapy to change core beliefs about the self and is presented as a law-centered analogy in which the therapist engages the client in a simulation of the judicial process. Perfect for psychotherapists at any level, Trial-Based Cognitive Therapy presents a balanced blend of theory advancement, scientific scrutiny of a new method, and practical application.

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