



The Case Formulation Approach to Cognitive-Behavior Therapy

By Jacqueline B. Persons PhD

Guilford Publications. Hardcover. Book Condition: New. Hardcover. 273 pages. This eagerly awaited book shows how skillful case formulation addresses a critical challenge in psychotherapy today: how to use empirically supported therapies (ESTs) in real-world clinical contexts. The author explains the basic theories of cognition, learning, and emotion that underlie available ESTs and shows how the theories also guide systematic case formulation. By crafting a sound formulation and continually refining and monitoring it as treatment progresses, the therapist can smoothly shift theoretical gears and weave together elements of different ESTs to meet the needs of individual patients, who typically present with multiple problems. Hands-on tools, reproducibles, and many concrete examples are included. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.

DOWNLOAD



READ ONLINE

[2.06 MB]

Reviews

Comprehensive information! Its this sort of excellent go through. It is packed with knowledge and wisdom You may like just how the author publish this book.

-- **Mustafa McGlynn**

Complete guideline! Its this kind of great read through. It is probably the most incredible pdf i actually have read through. Its been developed in an extremely straightforward way and it is simply soon after i finished reading this book through which actually modified me, affect the way i really believe.

-- **Beryl Labadie I**