



# Handbook of Cognitive-Behavioral Therapies, Second Edition

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# Handbook of Cognitive-Behavioral Therapies, Second Edition

## Handbook of Cognitive-Behavioral Therapies, Second Edition

This authoritative volume brings together established experts to review the theories, research, and treatment methodologies associated with the major cognitive-behavioral models. Unlike other works that approach cognitive-behavioral therapies from the perspective of how to treat different symptoms or disorders, the Handbook first examines the tenets of each theoretical model in depth, and then provides examples of clinical applications. The goal is to provide a solid conceptual framework within which the clinician can make informed choices about which interventions to choose and apply with individual clients. Also addressed are basic principles of cognitive assessment and case formulation, current directions in clinical research, and the role of cognitive-behavioral therapy in the psychotherapy integration movement.

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