



Practicing Cognitive Therapy: A Guide to Interventions (New Directions in Cognitive-Behavior Therapy)

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Since its development thirty-five years ago, the practice of cognitive therapy has been extended well beyond the treatment of depression. It is now effectively used with substance abuse, marital conflict, sexual dysfunction, panic disorders, post-traumatic stress disorders, paranoid delusional disorders, and a variety of other affective, anxiety, and personality disorders. Each chapter in this volume presents state-of-the-art treatment by one of the field's leading practitioners, demonstrating interventions in rich clinical detail for the therapist interested in why the method works and how to apply it. We also see how other theoretical orientations are integrated into the cognitive framework.

"One cannot help but be impressed with the ability of these clinicians to adapt the cognitive therapy model to the needs of individual patients," comments the founder of the model, Aaron Beck, who called Robert Leahy's earlier book, *Cognitive Therapy: Basic Principles and Applications*, "a treasure trove for clinicians, scholars, and researchers."



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