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# **Cognitive Therapy: Basics And Beyond**



## Synopsis

Written in a clear, step-by-step style, this ideal teaching text makes cognitive therapy immediately accessible to students as well as to professionals new to cognitive therapy. The author uses a single case example to demonstrate how to conceptualize patients according to the cognitive model, plan treatment, conduct an initial session, structure therapy within and across sessions, incorporate homework, and use cognitive and behavioral techniques. Instructors will appreciate the book's emphasis on formulating cases, making decisions within therapy sessions, diagnosing problems in therapy, and using advanced techniques to modify core beliefs and underlying assumptions. Transcripts in every chapter richly illustrate the narrative.

## Book Information

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## Customer Reviews

"Dr. Beck has provided a clearly written description of cognitive therapy, with helpful examples, that fills a need in the process of teaching and training students of cognitive therapy."--James L. Shenk, PhD, California School of Professional Psychology, course: Individual Psychotherapy: Cognitive "A superb textbook that fully realizes the promise of its title....This is essential reading for any student or therapist new to cognitive therapy, but even experienced therapists will find the author's ideas a rich source for enhanced skill-building." --Riki Koenigsberg, PhD in Readings "This is a most useful manual for beginning students and clinicians in mental health professions. Its emphasis on the pragmatics of cognitive therapy makes it a valuable tool for therapy educators and supervisors. Among the existing books on cognitive therapy that emphasize its theoretical foundations, this

stands out as a concise, practical guide.\*\*\*\*\*"--Sara J. Knight, PhD, Northwestern University Medical Schools"Judith Beck has written an uncommonly useful text both for therapists who want to learn about the concepts and procedures of cognitive therapy as well as for those involved in clinical teaching and supervision. All too often the phrase cognitive therapy' is applied to any effort at helping people construe their world in more productive ways. But it is more subtle and more complex than simply telling a person to stop thinking in a particular way. This lucid, informative book makes the job of understanding cognitive therapy and how to apply it a good deal clearer and easier. I look forward to assigning it to my graduate students."--Gerald C. Davison, PhD, Dean and Professor of Psychology, Annenberg School for Communication, Univ of Southern California; Past President, Assoc for Advancement of Behavior Therapy"A practical, no-nonsense text that is extremely comprehensive and reader-friendly. Throughout the book, Ms. Beck offers clinical examples taken from actual transcripts of therapy sessions that clearly and practically illustrate each technique and concept...an important, timely, and valuable resource for psychiatric professionals who engage in formal cognitive behavioral therapy or who practice cognitive behavioral techniques in other contexts. This text provides a clarity of conceptualization and a review of techniques that will prove extremely useful to students as well as experienced therapists. This volume certainly will serve as the basic text for cognitive behavioral therapists and should be necessary reading for psychiatric professionals."--D. Thomas Blair in Journal of Psychosocial Nursing

Judith S. Beck, Ph.D., is Director of the Beck Institute for Cognitive Therapy and Research in suburban Philadelphia, and Clinical Assistant Professor of Psychology and Psychiatry at the University of Pennsylvania. She has been involved in training cognitive therapists for the past 10 years. In addition to supervising intramural and extramural supervisees, she is an acclaimed speaker and has presented numerous workshops nationally and internationally on cognitive therapy for depression, bipolar disorder, anxiety and panic disorders, personality disorders, relapse prevention, and couples problems.

Interestingly, this book was written by the daughter of the founder of Cognitive Psychology. It reads easily from the beginning, and when more complex data is presented, the reader can follow along without struggling over a myriad of unfamiliar terms. I used to say to my friends that everyone needs a little therapy, and this book confirms my theory. It also has confirmed I need more work than most as a woman who's been diagnosed as bi-polar. Since my early 20's, I was mis-diagnosed and given treatments that caused confusing and disruptive side effects. Dealing with a diagnosis of this brevity

can obliterate the life you thought was yours. This branch of psychology, Cognitive Therapy, is probably one of the youngest of psych schools and thankfully goes beyond the work of its predecessors, Freud and Jung. (Haven't read much of Maslow's work.) The concepts in this text are so simple: that being, through no fault of one's own, the thoughts we produce create effects in our lives and can be reframed to create desired outcomes. There are many tools to apply in this book, ranging from learning to identify the signs (and types) of cognitive distortions people make, learning how to reframe mental distortions to something positive and compassionate, and lots of written exercises to draw up in a notebook or (if you're in a manic phase) type and print on the computer and fill out later as problems crop up. As I said before the jargon is plain and because the information begins simply, if you're anxious to get started, this book gets you on a new path of thought and behavior right away. It's a fine book and because there's also a running dialogue of sessions between patient and therapist throughout, I'm sure those planning to work in this field would be equally happy with its contents.

This book compiles all the basic concept of cognitive therapy, and how therapy session is structurally formulated based on individual progress. At the end of each chapter, the author provides a sample therapy session to reinforce the presented concepts, making it easier to grasp. It covers the foundation of cognitive therapy by Dr. Beck, with the goal of treating anxiety and social phobia effectively. In recent years, cognitive therapy has been considered as an adjunct treatment to conventional medical rehabilitation, and has proven to be as effective. Later on, it goes on explaining how structured cognitive therapy works, and even illustrates with a sample of worksheet and screening for depression and anxiety. The author not only writes intellectually, but also helps people of various professional background understand cognitive therapy, even with little knowledge in psychology. It's a must-read for mental health practitioners, prospective psychologists as well as patients seeking help.

As someone studying to be a psychologist, this book is a CBT must. This provides a very strict, scripted approach to CBT by one of the CBT fundamentalists. Even if you aren't interested conducting cognitive behavioral therapy, the strategies in this book can be used in many different capacities. I highly recommend this as a reference book for any therapist - lots of great information that is highly adaptable for lots of different therapists and clients.

This is a technical book for counselors to use in learning how to use cognitive therapy. Very

thorough. Like taking an actual college course in this therapy.

Very good book

This book has been my resource for helping many people with mental health issues by using the basic principles it contains. The exercises within it will be helpful in moving forward and finding momentum to reduce or remove biased thinking about self and circumstances. Use this powerful tool to help yourself or someone else. You'll be pleased that you did.

This is an excellent book for those who are trained in counseling or therapy that want an overview and general breakdown of CBT. The book is written by daughter of the original designer of CBT and is highly recommended by this reader. I've been reading books on cognitive therapies for the past 5 years and this give an excellent break down. Rodney Mulhollem Clinical Therapist Life Coach

Nice price.

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