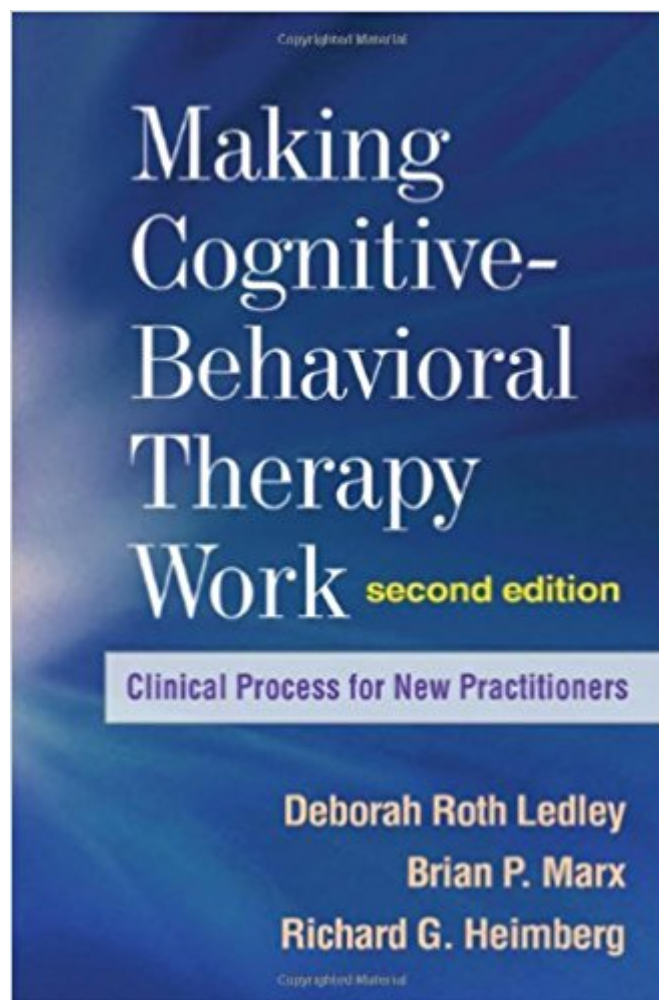




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# Making Cognitive-Behavioral Therapy Work, Second Edition: Clinical Process For New Practitioners



## Synopsis

Used around the world by novice clinicians as well as experienced therapists new to cognitive-behavioral therapy (CBT), this bestselling book has been widely adopted as a text in clinical training programs. The authors provide a vivid picture of what it is actually like to do CBT and offer practical guidance for becoming a more skilled and confident clinician. Vignettes and examples illustrate the entire process of therapy, from intake and assessment to case conceptualization, treatment planning, intervention, and termination. Expert advice is given on building collaborative therapeutic relationships and getting the most out of supervision. Appendices feature recommended treatment manuals and other CBT resources.

## Book Information

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## Customer Reviews

"Ledley and her esteemed colleagues have packed even more pearls of clinical wisdom into their second edition of this truly important book. It is filled with case examples, illustrative dialogues, hints, and suggestions to help clinicians sidestep potential pitfalls and enable their clients to benefit maximally from CBT. The material on how to make good use of supervision and continue to grow as a therapist is what clinched it for me--this book is required reading in my course on CBT for anxiety disorders."--Jonathan S. Abramowitz, PhD, Department of Psychology and Neuroscience and Director, Anxiety and Stress Clinic, University of North Carolina at Chapel Hill "I wish this kind of clinical resource had been available when I was a doctoral student learning CBT! This book covers it all--ethics, theory, case formulation, supervision, therapy, follow-up documentation, and

professional development. A wonderful resource for the psychotherapist-in-training or for the experienced practitioner new to CBT methods. Most highly recommended as a classroom or practicum textbook."--Bruce A. Thyer, PhD, LCSW, College of Social Work, Florida State University

"This book will be immensely helpful to young clinicians attempting to master the structure and processes of CBT, from the scheduling of the first visit to the final booster session. Leading CBT therapists with years of clinical and supervisory experience provide extremely clear and practical suggestions in the context of real-world clinical vignettes. I highly recommend this book to anyone wishing to become a CBT therapist."--Neil A. Rector, PhD, Department of Psychiatry, University of Toronto, Canada

"This book astutely anticipates the challenges of clinical practice, demystifies the process of therapy, and fully prepares the novice clinician. Combining a matter-of-fact tone with illuminating case examples, the book is bound to instill confidence in the beginning therapist. This is an essential text for any course on CBT. The second edition incorporates the latest empirical research on therapy process and includes a helpful epilogue on continued growth as a therapist."--Christine Purdon, PhD, CPsych, Department of Psychology, University of Waterloo, Canada

"This text is easy and enjoyable to read. The authors do a nice job of explaining hard-to-understand therapeutic concepts in a manner that is easy to understand." (on previous edition) (Behavioural and Cognitive Psychotherapy 2010-08-15)

"The authors' many years of combined supervisory experience clearly comes through with their insights and pragmatic solutions to the many problems encountered by initiate therapists....A text that should be required reading in any graduate training program in psychology, regardless of orientation....Will benefit all starting therapists and may even help some supervisors do a better job!" (Child and Family Behavior Therapy 2010-08-15)

"This is a great read on how to apply cognitive behavioral therapy (CBT) to different clients. It is excellent for beginning therapists to begin using some of the clinical advice to help their clients". The book covers using the CBT treatment process from beginning to termination with various clients. It is very helpful in explaining the basics of CBT. The appendix is also very helpful in that it provides a wide variety of other resources to help aspiring clinicians with other readings in CBT. • (Doody's Review Service 2013-10-11)

Deborah Roth Ledley, PhD, is a psychologist in private practice at the Children's Center for OCD and Anxiety in Plymouth Meeting, Pennsylvania. From 2001 to 2005, she was Assistant Professor of Psychology in Psychiatry at the University of Pennsylvania School of Medicine, where she was also a faculty member at the Center for the Treatment and Study of Anxiety. Dr. Ledley has published articles, book chapters, and books on topics including the nature and treatment of social

anxiety disorder, obsessive-compulsive disorder, and other anxiety disorders. Brian P. Marx, PhD, is a staff psychologist at the National Center for PTSD, VA Boston Healthcare System, and Associate Professor of Psychiatry at Boston University School of Medicine. Dr. Marx has published numerous articles and book chapters on behavior therapy and assessment. His research interests include the association between posttraumatic stress disorder and functional impairment, identifying risk factors for posttraumatic difficulties, and developing brief, efficacious treatments for posttraumatic stress disorder. Richard G. Heimberg, PhD, is David Kipnis Distinguished Faculty Fellow and Professor of Psychology at Temple University, where he also serves as Director of the Adult Anxiety Clinic. He is past president of the Association for Behavioral and Cognitive Therapies as well as former editor of the Association's journal Behavior Therapy. Dr. Heimberg is well known for his efforts to develop and evaluate cognitive-behavioral treatments for social anxiety and generalized anxiety disorder and has published several books and more than 300 articles and chapters on these and related topics.

Overviews CBT very well and explains the different components of the practice. Does not include additional resources, such as how to treat specific conditions, but it does offer some suggestions on common psychological conditions seen in CBT. Good book for beginning clinicians.

Very easy to read, I am a beginner at psychotherapy and the way the texts is written makes it super easy to understand concepts.

This text is an easy read. There is an ongoing case study so you can see how the client progresses through the different aspects of the CBT treatment. I would recommend this book for an entry level clinician who wants a basic understanding of CBT.

I needed this book for a class, I like the book it is an easy read. However, I am only half way through, that is why I gave it 3 stars, but if you are a nerd like me, you will find this book helpful one way or another! Hope this help!

This book could easily be considered a staple in any counselor's list of required reading.

great book

Excellent introduction to CBT for new therapists!

Great book for starting clinicians and interns

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