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A theory of clinical practice: the cognitive and the ...

Widely regarded as the definitive

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practitioner reference and teaching text, this book provides a complete introduction to doing cognitive-behavioral therapy (CBT) with 6- to 18-year-olds. The authors offer a blueprint for formulating cases and tailoring treatment to each child's or adolescent's unique developmental and clinical needs. Coverage includes how to orient children and families to ...

Clinical Practice of Cognitive Therapy with Children and ...

Freeman's research and clinical interests include marital and family therapy and cognitive-behavioral treatment of depression, anxiety, and personality disorders. The author of over 100 chapters and articles, he has lectured in 45 countries and his work has been translated into 20 languages.

Cognitive and Behavioral Theories in Clinical Practice ...

Abstract. Over the last 20 years, cognitive behavioural therapy (CBT) has

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gained considerable momentum in mental healthcare practice. Its extensive evidence base for the treatment of mental health problems is well documented with the National Institute for Health and Clinical Excellence (2007a; b), which has recommended CBT as a key treatment modality in its best practice guidelines.

Cognitive behavioural therapy and its relevance to nursing

Cognitive Therapy in Clinical Practice discusses the use of cognitive therapy in these and other contexts. It combines an overview of the state of the art with case studies that demonstrate the particular applications of cognitive therapy.

Cognitive Therapy in Clinical Practice: An Illustrative ...

Cognitive behavioral therapy is used to treat a wide range of issues. It's often the preferred type of psychotherapy because it can quickly help you identify and cope with specific challenges. It

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generally requires fewer sessions than other types of therapy and is done in a structured way. CBT is a useful tool to address emotional challenges.

Cognitive behavioral therapy - Mayo Clinic

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Making Cognitive-Behavioral Therapy Work: Clinical Process ...

Edited by a leading social work authority and a master CBT clinician, this first-of-its-kind handbook provides the foundations and training that social workers need to master cognitive behavior therapy. From traditional techniques to new techniques such as mindfulness meditation and the use of DBT, the contributors ensure a thorough and up-to-date presentation of CBT.

Cognitive Behavior Therapy in Clinical Social Work ...

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The results support the effectiveness of CT-PTSD and suggest that trauma-focused cognitive behavior therapy can be successfully implemented in routine clinical services treating patients with a wide range of traumas.

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Increasing numbers of clinical social workers use cognitive-behavioral therapy (CBT) in their practice. This article analyzes how CBT fits with social work values and in particular with social ...

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