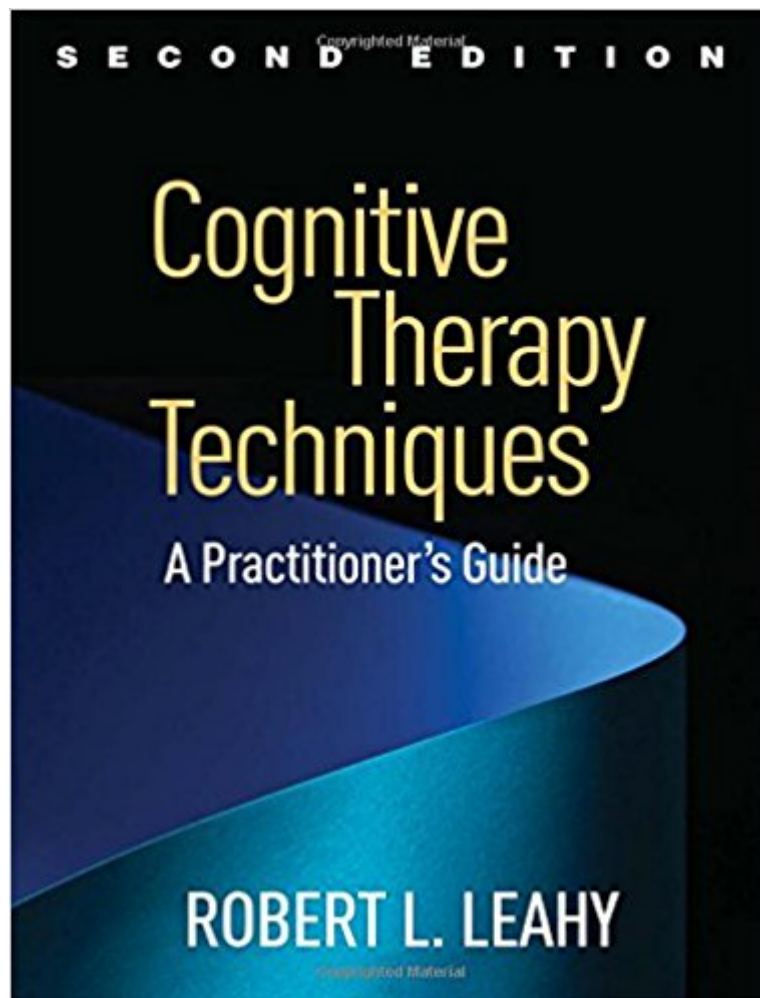




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Cognitive Therapy Techniques, Second Edition: A Practitioner's Guide



Synopsis

This indispensable book has given many tens of thousands of practitioners a wealth of evidence-based tools for maximizing the power of cognitive therapy and tailoring it to individual clients. Leading authority Robert L. Leahy describes ways to help clients identify and modify problematic thoughts, core beliefs, and patterns of worry, self-criticism, and approval-seeking; evaluate personal schemas; cope with painful emotions; and take action to achieve their goals. Each technique includes vivid case examples and sample dialogues. Featuring 123 reproducible forms, the book has a large-size format for easy photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials. **• New to This Edition**

- *Numerous additional techniques and reproducible tools, including 48 new or revised forms.
- *Chapters on decision-making problems, intrusive thoughts, and anger management issues.
- *Incorporates the latest theory and research as well as cutting-edge techniques drawn from acceptance and commitment therapy (ACT), behavioral activation, dialectical behavior therapy (DBT), emotional schema therapy, and the metacognitive model.
- *Significantly revised chapters on emotion regulation and worries.
- *Filled-out examples for many of the forms.

Book Information

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Customer Reviews

"In this second edition of his classic work, Leahy provides a plethora of invaluable techniques for creating therapeutic change in cognitive therapy. Trainees and experienced therapists will find this volume an indispensable repository of strategies that work. The volume contains tools for use with

clients and is expanded to consider newer approaches drawing from metacognitive therapy, acceptance and mindfulness, and the author's innovative work on emotional schemas."--Adrian Wells, PhD, School of Psychological Sciences, University of Manchester, United Kingdom "Leahy again provides a master class on cognitive and cognitive-behavioral interventions for a wide range of psychological problems. The second edition not only provides expert guidance on traditional cognitive therapy, but also includes newer elements such as behavioral activation, acceptance, and mindfulness. Leahy blends scientific evidence with extensive clinical experience to create a compelling teaching experience for the reader. This book belongs on the shelf of any mental health clinician who wants to do state-of-the-art cognitive therapy."--David F. Tolin, PhD, ABPP, Director, Anxiety Disorders Center, The Institute of Living, Hartford Hospital "Leahy--one of our most astute and knowledgeable cognitive therapists--synthesizes many years of clinical wisdom with a sophisticated understanding of current research. This book serves as a wonderful resource for novice cognitive-behavioral clinicians, but also offers much to skilled practitioners, who can find ways to augment their favorite strategies and techniques with the latest clinical advances."--John H. Riskind, PhD, Department of Psychology, George Mason University; editor, *International Journal of Cognitive Therapy* "Substantially updated, this is the best available compendium of techniques spanning the broad range of current cognitive and behavioral therapies. Authoritative coverage of core techniques is now enhanced with techniques informed by more recent models, such as mindfulness, DBT, and ACT. Featuring clear, jargon-free language, clinical tips, illustrative examples, and practical forms, the book presents state-of-the-art tools applicable to treating a wide range of clients and disorders. An essential resource for both seasoned clinicians and those in the process of learning cognitive-behavioral therapy."--Drew Erhardt, PhD, Graduate School of Education and Psychology, Pepperdine University "The book is very readable and contains helpful figures. This book is excellent. It presents a wide variety of cognitive techniques, along with numerous clinical forms that can be used with individual clients.

*****! (Doody's Review Service 2017-04-28) "Well written and user-friendly. An exceptionally useful resource for cognitive therapists. It is likely to benefit anyone from the student to the expert in cognitive therapy... This is an excellent volume that will find a home not on the bookshelf, but in the hands and laps of many practitioners." (on the first edition) (Cognitive Behavioral Therapy Book Reviews) "Dr. Leahy has done a great service by attempting to add vitality to the cognitive therapy line of scrimmage. The techniques he outlines will help engage the patient and the therapist.... Leahy's approach is an empirical one--not one size fits all: find what works for the patient.... This volume is an excellent introduction, refresher, and handbook for

the busy general psychiatrist who wants to expand his or her therapeutic armamentaria." (on the first edition) (Journal of Clinical Psychiatry)"I welcome Leahy's text to our academic reading list." (Eben L. McClenahan, MD, MS, on the first edition) (Psychiatric Services)

Robert L. Leahy, PhD, is Director of the American Institute for Cognitive Therapy in New York and Clinical Professor of Psychology in the Department of Psychiatry at Weill Cornell Medical College. His research focuses on individual differences in emotion regulation. Dr. Leahy is Associate Editor of the International Journal of Cognitive Therapy and is past president of the Association for Behavioral and Cognitive Therapies, the International Association for Cognitive Psychotherapy, and the Academy of Cognitive Therapy. He is the 2014 recipient of the Aaron T. Beck Award from the Academy of Cognitive Therapy. Dr. Leahy has published numerous books, including Cognitive Therapy Techniques, Second Edition, and the coauthored volumes Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder; Treatment Plans and Interventions for Depression and Anxiety Disorders, Second Edition; and Emotion Regulation in Psychotherapy.

This is an excellent therapeutic resource. It is full of reproducible handouts/worksheets for clients. It was worth every penny!

Bob Leahy's First Edition of Cognitive Therapy Techniques: A Practitioner's Guide, has always been required reading and a valuable resource for practice in our accredited doctoral program in clinical psychology at Philadelphia College of Osteopathic Medicine, and this new edition will be no exception. The beauty of Leahy's writing is that it is steeped in scientific evidence, and balanced with a rationale for using these techniques based on a solid cognitive behavioral case conceptualization, and a liberal dose of compassion and understanding of the human condition. This is no mere cookbook of gimmicks and therapeutic tricks. Rather, it is a well thought out articulation of a variety of evidence-based methods that can be practiced, mastered, and utilized by the novice and experienced practitioner alike. There is only one book that could have possibly replaced Leahy's First Edition of Cognitive Therapy Techniques as a required resource in our program, and this Second Edition is the one! Don't procrastinate on acquiring this book by waiting until you "get motivated." Do it right now, and then notice your excitement increase along with your therapeutic competence! ~ Bruce S. Zahn, Ed.D., ABPP, Professor and Director of Clinical Training, Philadelphia College of Osteopathic Medicine

Dr. Leahy's invaluable book has been revised to provide clinicians with cutting edge strategies to use with their clients. A leader in the field of cognitive therapy, Dr. Leahy presents complex concepts in a manner that makes them easy to understand and uses case examples to bring these concepts to life. A must read for clinicians who want to practice cognitive therapy.

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