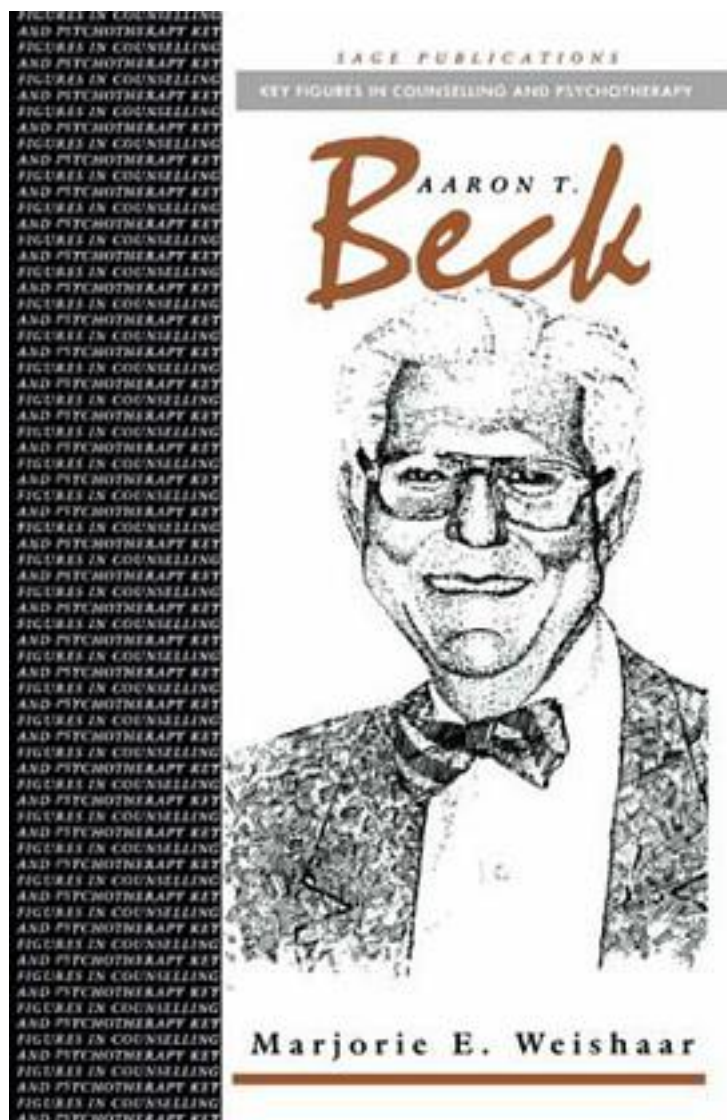


Aaron T.Beck



[Aaron T.Beck 下载链接1](#)

著者:Weishaar, Marjorie E.

出版者:Sage Pubns

出版时间:1993-11

装帧:HRD

isbn:9780803985643

Aaron T Beck is one of the 'founding fathers' of the cognitive revolution in psychotherapy. His Cognitive Therapy was innovative in its emphasis on the role of cognition in emotional distress and behavioural dysfunction. Beck first established his reputation in the field of depression. However, Cognitive Therapy has now grown in scope to address a number of disorders and health problems - both clinical and nonclinical - and today Beck's work exercises an enormous influence on psychotherapy in general. This book presents a unique overview of Beck's life and his theoretical and practical achievements. The author considers and effectively rebuts the criticisms that his ideas have attracted over the years and discusses Beck's continuing influence on the research and practice of Cognitive Therapy.

作者介绍:

目录:

[Aaron T.Beck_下载链接1](#)

标签

评论

[Aaron T.Beck_下载链接1](#)

书评

好吧，对于我这种心理学非科班出身的爱好者而言，难度似乎大了一些。我一个字一个字的读着，没过几行又都忘了，再看发现什么都没看懂。我以为会跟认知心理学很相关，实际上却偏重于医学，或者直接用它的名字就是认知治疗，多是用来治疗抑郁症的。目前我的兴趣还停留在理论方面...

