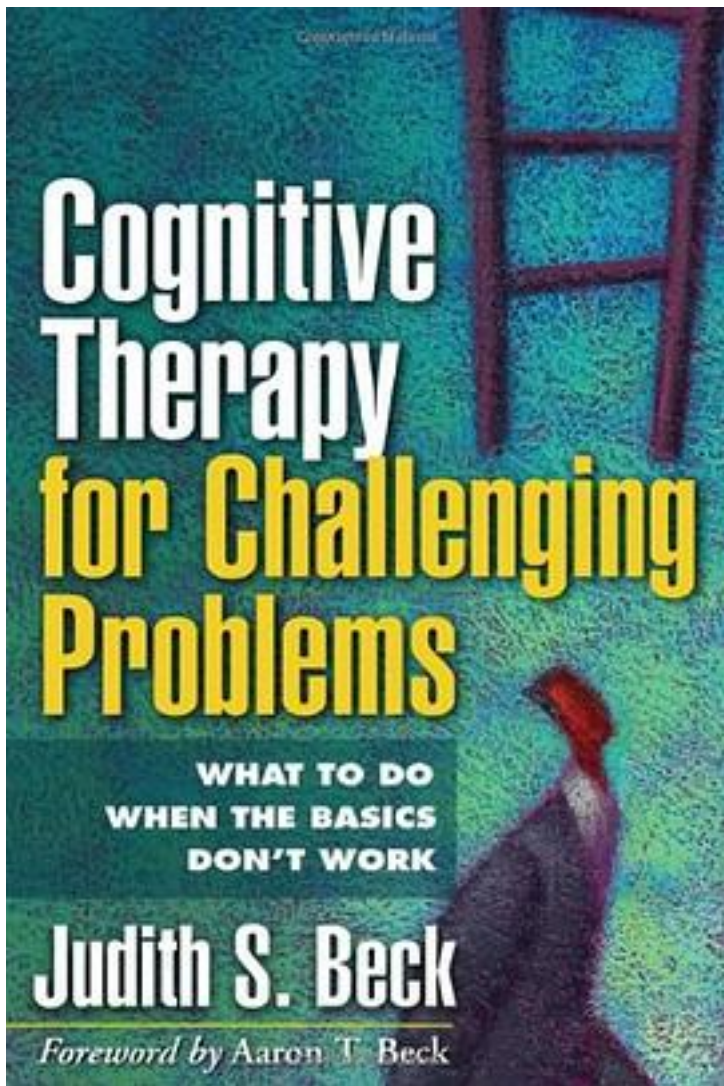


Cognitive Therapy for Challenging Problems



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Following on the success of the bestselling "Cognitive Therapy: Basics and Beyond", this groundbreaking book from Judith S. Beck addresses what to do when a patient is not making progress in cognitive-behavioural therapy. Provided is practical, step-by-step guidance on conceptualizing and solving frequently encountered problems, whether in developing and maintaining the therapeutic alliance or in accomplishing specific therapeutic tasks. While the framework presented is applicable to a range of challenging clinical situations, particular attention is given to modifying the longstanding distorted beliefs and dysfunctional behavioural strategies of people with personality disorders. Helpful appendices include a reproducible assessment tool, and the Personality Belief Questionnaire.

作者介绍:

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