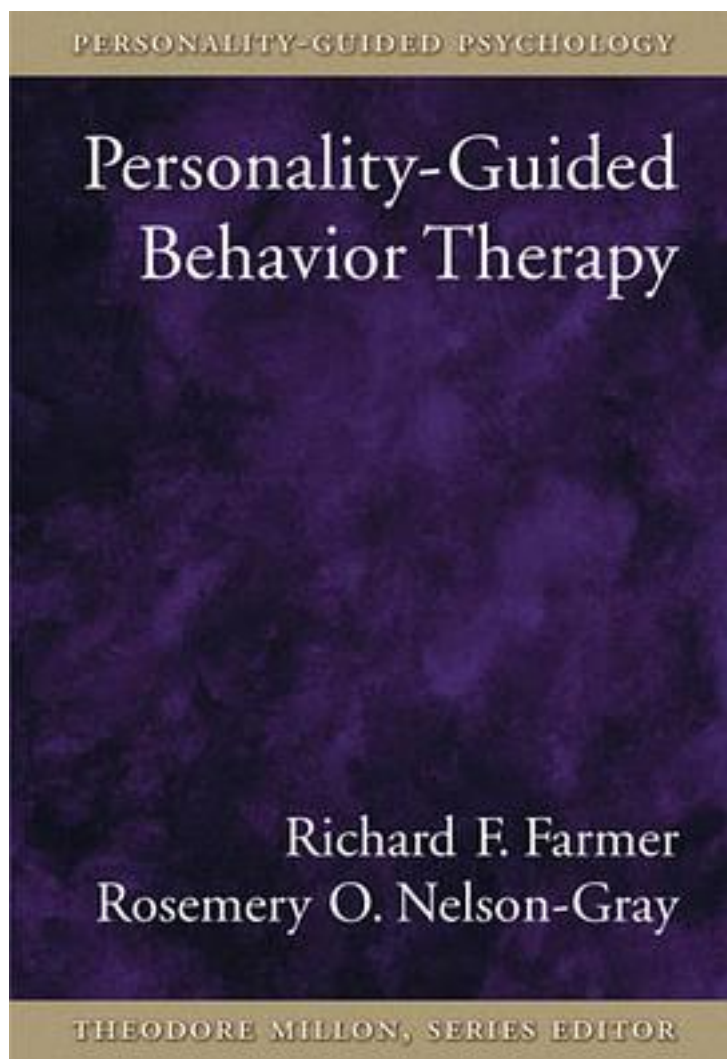


Personality-guided Behavior Therapy



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Shows how behavioral views of personality can be applied to produce effective assessment and treatment. After explaining the basic principles of behavior theory and therapy, the authors outline the primary behavioral strategies used in client assessment and formulation, describe core techniques, and illustrate how such techniques can be applied to clients with a variety of conditions. Clinicians and students alike will find that this book offers treatment guidelines and strategies that can be used successfully with clients in a variety of therapeutic settings.

作者介绍:

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