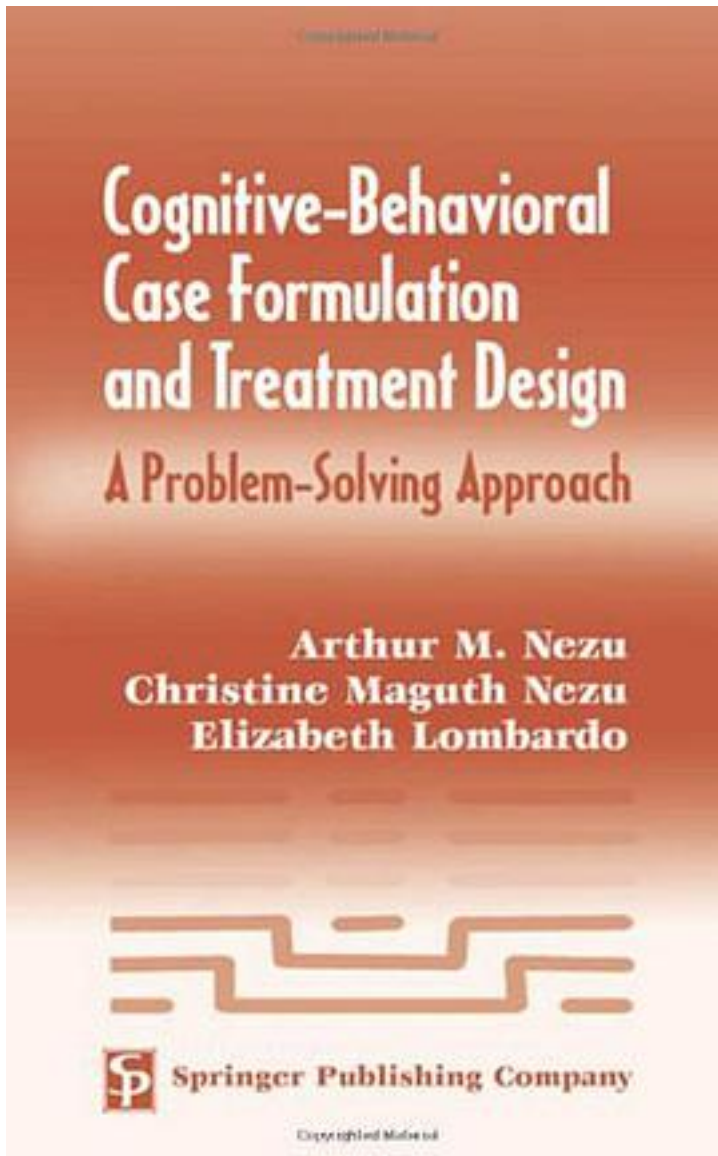


# Cognitive-behavioral Case Formulation and Treatment Design



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出版者:Springer Pub Co

出版时间:2004-3

装帧:HRD

isbn:9780826122858

This user-friendly guide will help the clinician develop Cognitive-Behavioral treatment plans for 11 common psychological disorders (e.g., major depressive disorder, generalized anxiety, borderline personality disorder, anger problems). Based on a problem-solving model and empirical literature, the authors focus on two major clinical tasks involved in this process: case formulation and treatment design. They delineate short-term goals, long-term goals, treatment targets, and potential interventions. Appendices include "quick guides to CBT treatment planning" for the 11 disorders and selected major CBT clinical intervention strategies noted throughout the book.

作者介绍:

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