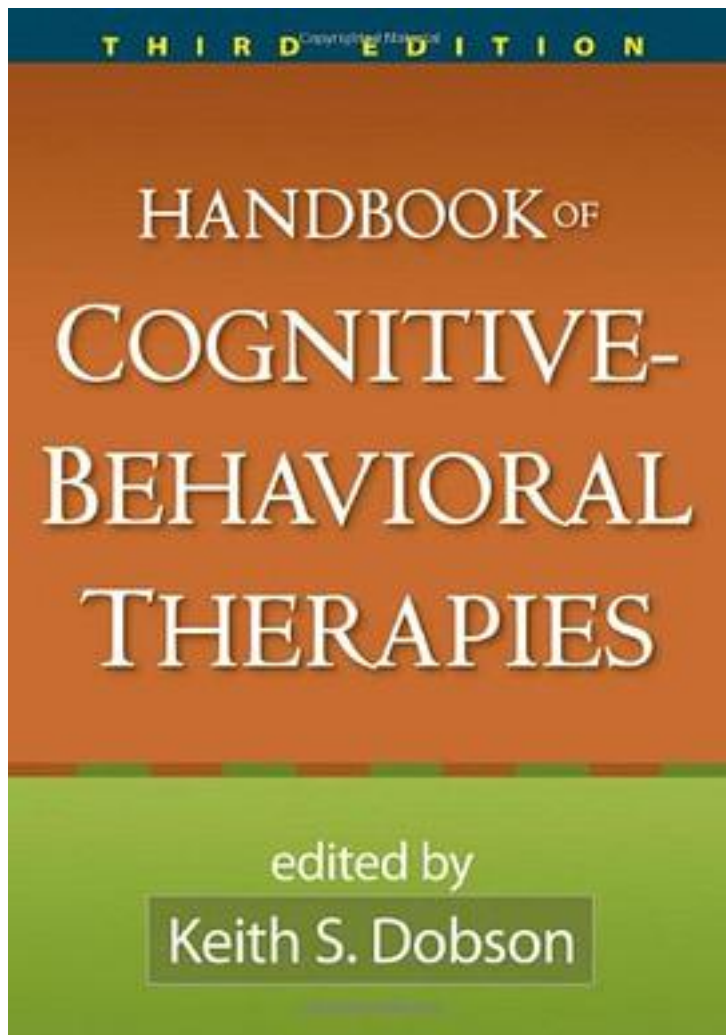


# Handbook of Cognitive-Behavioral Therapies, Third Edition



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出版者:The Guilford Press

出版时间:2009-10-27

装帧:Hardcover

isbn:9781606234372

This acclaimed text and practitioner reference presents an authoritative overview of major models of cognitive-behavioral therapy (CBT). Foremost treatment developers explain core CBT principles and provide a framework for systematic assessment, case conceptualization, and treatment planning. Scholarly yet accessible chapters on each therapy detail what makes the approach unique, which clinical problems it is used to treat, what assessment and intervention tools have been developed, how they are implemented, and what the research reveals about the therapy's effectiveness. Special topics include working with children and adolescents, couples, and culturally diverse clients. The Handbook has been widely adopted in training programs, and the revisions in this edition reinforce its value as a text. This edition includes: the latest findings and clinical advances; additional therapies: schema therapy and mindfulness - and acceptance-based interventions; chapter on the empirical evidence base for CBT; and, chapters on treatment of couples and culturally diverse clients.

作者介绍:

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## 标签

Therapy

Scheme

REBT

Mindfulness

Counseling

Cognitive-Behaviral

CT

CBT

## 评论

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## 书评

昨夜老嘎回家，莫名其妙的问了我很多“专业”心理问题，搞得我云里雾里的也胡说一通，最后他自己实在编不出恰当的例子，便从包里拿出这本“礼物”，我心想：怪不得问了我那么多他自己都听不懂的问题。最终两个人达成共识，不吃药了，我们从重塑认知入手。忘记自己持续了多久的...

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