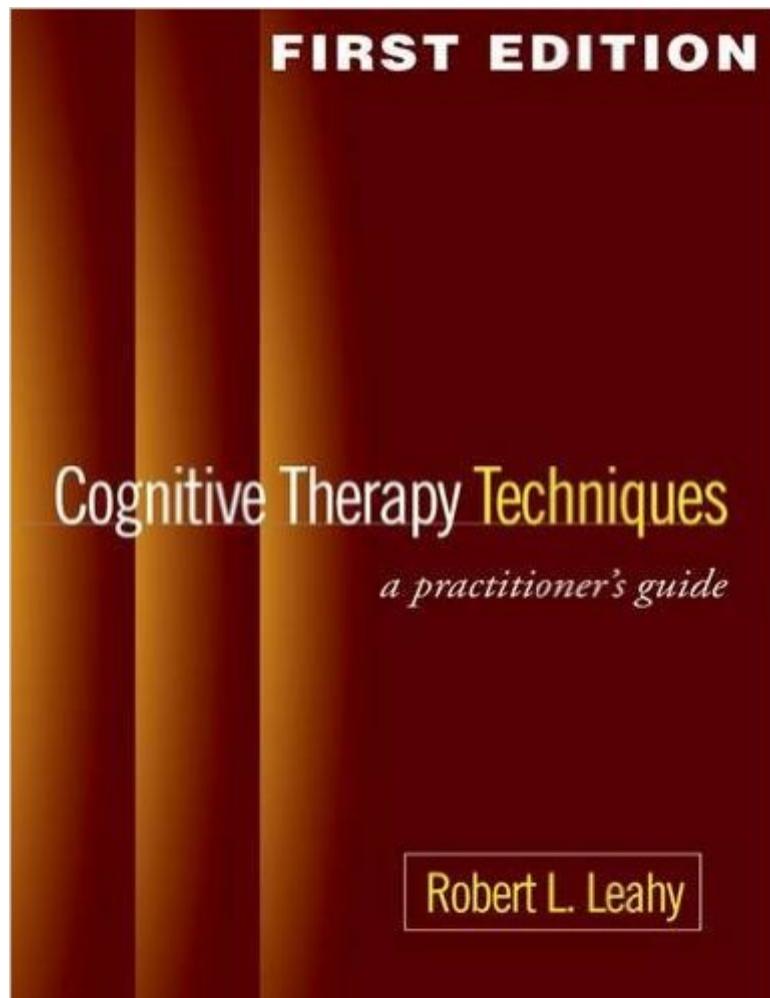


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# Cognitive Therapy Techniques: A Practitioner's Guide



## **Synopsis**

A proven clinical resource, this book is packed with useful tools and interventions that will expand the repertoire of novice and experienced cognitive therapists. Detailed are the full variety of evidence-based techniques that can be brought to bear on specific client problems and therapeutic challenges. Therapists will rediscover--or learn for the first time--a wealth of effective ways to identify and challenge thoughts and core beliefs; modify patterns of worry, self-criticism, and approval-seeking; evaluate personal schemas; intervene in emotional processes; and activate new experiences for the client. Each technique is thoroughly described in Robert L. Leahy's trademark accessible style and illustrated with vivid case examples. Designed in a convenient large-size format, the book is bursting with 88 reproducible client forms and handouts.

## **Book Information**

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## **Customer Reviews**

Dr. Leahy has provided a first-class resource of techniques for the problem-solving oriented clinician to use. This book is laid out in a logical format; you are shown the technique, the rationale, given clinical vignettes, possible obstacles, cross-references to other techniques to be used in conjunction or perhaps instead of a particular method, as well as a homework assignment for the client. This resource reflects the wisdom born out by many years of practice, as well as understanding how the mind thinks and operates; responses rooted in compassion and an empathy for the human condition. Dr. Leahy focuses on concepts, from automatic thoughts to schema-focused therapy. This resource is necessary for the clinician not just because of the variety techniques, there are actual

handouts for the therapist and the client to use. I relied heavily on this book during my counseling internship as a go-to resource with very good results. I plan on using this book, as well as the others that Dr. Leahy has written, to inform my practice for many years to come. The homework assignments as well as the forms proved to be very practical and useful for the client. This book is highly recommended for the novice as well as the veteran practitioner alike. 5+ Stars. A must have for your professional library. I cannot recommend this book enough! It was so helpful!

The book contained many essential cognitive restructuring skills, schema work and emotional regulation methods for CBT therapist to make use in their daily practice. There are many forms available for daily application, and this is a good reference.

This is a fantastic book and a vital resource for both students and experienced cognitive-behavioural therapists. The book is fully comprised of comprehensive CBT techniques spanning from simply identifying automatic thoughts to challenging and modifying schemas. The book also offers useful information to guide the reader in selecting which techniques to use and for what issue. The CBT techniques all contain a summary explanation, how the technique should be used, what the therapist should say verbatim when using the technique and remedies for common problems encountered with the technique. The book's best asset is the use of case scenarios for each technique, which contain therapist/client dialogue. These small examples offer excellent ways to deliver the technique to the client verbatim. I think this is a wonderful book and a must-have for anyone engaged in counselling or practising CBT.

I have been a clinician for over 25 years and have never found a book so inclusive of various CBT techniques. The format provides the technique in a detailed manner allowing the clinician to fully understand how and when to use it. There is a wide variety of techniques to use in just about any clinical situation. I also use this book with my staff, most of whom are new to the field. Each staff meeting I have one of them highlight a specific technique so that we all get to learn what is available in the book and the new therapist can learn about CBT. This book is excellent for both the new and the seasoned clinician. I highly recommend it to all.

A wonderful addition to any professional library. Leahy provides detailed descriptions and examples of a wide variety of cognitive interventions, complete with examples of the questions and statements that the therapist can use for each intervention, and sample therapist-client dialogues. The book

contains many excellent ideas for cognitive restructuring in ways that are empathic and respectful of the client's feelings. There are also lots of sample worksheets that can be used for clients' homework. This book is great for therapists at any level who want new ideas for cognitive work.

I am a beginner, and I think this book is especially good for people like me who are just beginning to use this technique. There are copious amounts of exercises and forms that the therapist can pick and choose from. The book is very helpful b/c it give lots of examples & exercises about how to use the techniques of cognitive therapy. It is well-organized and straight-forward. An easy yet practical guide about how to apply cognitive theories into practice.

Excellent book for those who want to improve their knowledge in CBT area. The book is excellent guide for beginners, but also for those more skilled in working with CBT (there are lots of new techniques covered in this book useful for depression and anxiety disorders) and will help those who want to include more specific techniques in their existing repertoire of standard CBT techniques. More important. For every technique is shown how it relates functionally with the other presented techniques in this book.

This is a great resource for the skilled CBT clinician. The book is divided logically into chapters around specific CBT activities (e.g. Challenging Thoughts, Information Processing and Logical Errors, Schema-Focused Therapy, etc.); contains brief clinical descriptions of the activity along with clinical examples and possible problems; and, features useful worksheets to use with clients. I think the book is best for those who have a background in CBT and are looking for a comprehensive book to reference CBT therapeutic tasks and have easy access to useful worksheets. The worksheets range from basic CBT tasks (including identifying thoughts) to more advanced CBT tasks (including schema-focused work and cognitive restructuring). My only complaint is that the book does not come with an accompanying CD with the worksheets. I'd rather print out clean worksheets than have to press the book into a copy machine each time I need worksheets. Of the myriad of CBT books out there, this is definitely one you want to have on your shelf.

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