

[PDF] Cognitive Therapy: Basics And Beyond

Aaron T. Beck, Judith S. Beck - pdf download free book



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Author: Aaron T. Beck, Judith S. Beck

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Description:

Review "Dr. Beck has provided a clearly written description of cognitive therapy, with helpful examples, that fills a need in the process of teaching and training students of cognitive therapy."--James L. Shenk, PhD, California School of Professional Psychology, course: Individual Psychotherapy: Cognitive

"A superb textbook that fully realizes the promise of its title....This is essential reading for any student or therapist new to cognitive therapy, but even experienced therapists will find the author's ideas a rich source for enhanced skill-building." --Riki Koenigsberg, PhD in *Readings*

"This is a most useful manual for beginning students and clinicians in mental health professions. Its emphasis on the pragmatics of cognitive therapy makes it a valuable tool for therapy educators and supervisors. Among the existing books on cognitive therapy that emphasize its theoretical foundations, this stands out as a concise, practical guide.****"--Sara J. Knight, PhD, Northwestern University Medical Schools

"Judith Beck has written an uncommonly useful text both for therapists who want to learn about the concepts and procedures of cognitive therapy as well as for those involved in clinical teaching and supervision. All too often the phrase cognitive therapy' is applied to any effort at helping people construe their world in more productive ways. But it is more subtle and more complex than simply telling a person to stop thinking in a particular way. This lucid, informative book makes the job of understanding cognitive therapy and how to apply it a good deal clearer and easier. I look forward to assigning it to my graduate students."--Gerald C. Davison, PhD, Dean and Professor of Psychology, Annenberg School for Communication, Univ of Southern California; Past President, Assoc for Advancement of Behavior Therapy

"A practical, no-nonsense text that is extremely comprehensive and reader-friendly. Throughout the book, Ms. Beck offers clinical examples taken from actual transcripts of therapy sessions that clearly and practically illustrate each technique and concept...an important, timely, and valuable resource for psychiatric professionals who engage in formal cognitive behavioral therapy or who practice cognitive behavioral techniques in other contexts. This text provides a clarity of conceptualization and a review of techniques that will prove extremely useful to students as well as experienced therapists. This volume certainly will serve as the basic text for cognitive behavioral therapists and should be necessary reading for psychiatric professionals."--D. Thomas Blair in *Journal of Psychosocial Nursing*

About the Author Judith S. Beck, Ph.D., is Director of the Beck Institute for Cognitive Therapy and Research in suburban Philadelphia, and Clinical Assistant Professor of Psychology and Psychiatry at the University of Pennsylvania. She has been involved in training cognitive therapists for the past 10 years. In addition to supervising intramural and extramural supervisees, she is an acclaimed speaker and has presented numerous workshops nationally and internationally on cognitive therapy for depression, bipolar disorder, anxiety and panic disorders, personality disorders, relapse prevention, and couples problems.

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