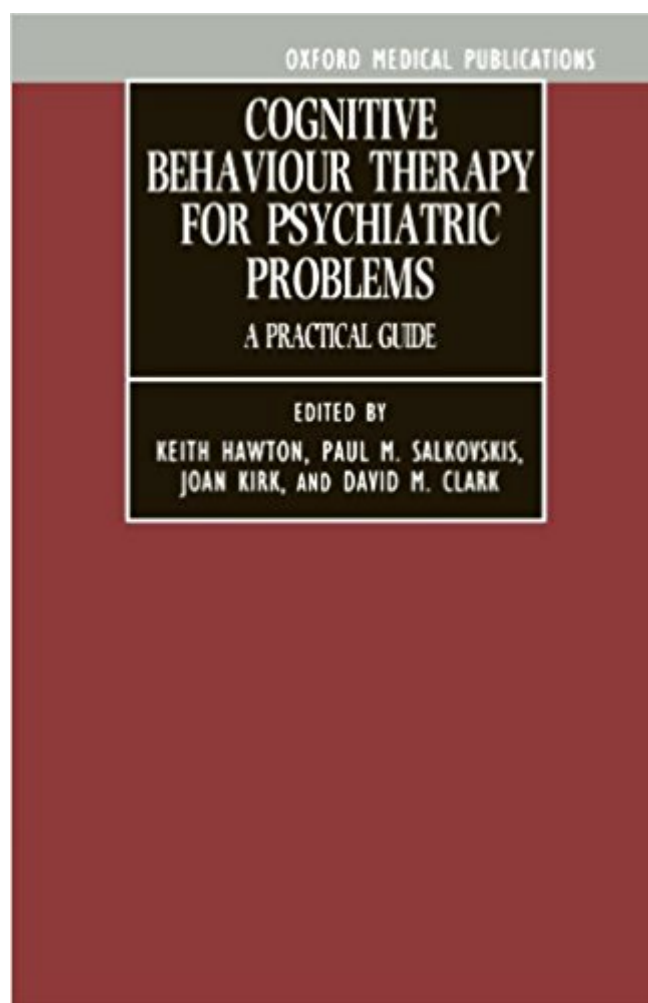


The book was found

# Cognitive Behaviour Therapy For Psychiatric Problems: A Practical Guide (Oxford Medical Publications)



## Synopsis

Cognitive behavior therapy is now firmly established as the leading psychological treatment for many psychiatric conditions, and numerous controlled trials have demonstrated its effectiveness. This innovative book provides detailed guidance on how to practice cognitive behavior therapy with patients suffering from a wide range of emotional disorders. Unlike most existing handbooks this guide concentrates on treatment. The editors have drawn together contributions from acknowledged experts in the practice, teaching, and empirical investigation of cognitive-behavioral principles, followed by a detailed account of how to carry out a cognitive-behavioral assessment. Subsequent chapters provide self-contained descriptions of how to use cognitive behavior therapy to treat particular conditions, including panic and generalized anxiety, phobic disorders, depression, obsessional disorders, somatic problems, eating disorders, chronic psychiatric handicaps, marital problems, and sexual dysfunctions. A final chapter describes problem solving. Each chapter begins with a description of the condition under consideration, outlines assessment procedures and how to formulate the problem, and then takes the reader step-by-step through treatment, emphasizing how to overcome difficulties encountered during treatment. Extensive use is made of clinical material and case illustrations.

## Book Information

Series: Oxford Medical Publications

Paperback: 472 pages

Publisher: Oxford University Press; 1 edition (August 24, 1989)

Language: English

ISBN-10: 0192615874

ISBN-13: 978-0192615879

Product Dimensions: 9.2 x 1 x 6.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 5 customer reviews

Best Sellers Rank: #187,747 in Books (See Top 100 in Books) #117 in Books > Medical Books >

Psychology > Movements > Behaviorism #131 in Books > Textbooks > Medicine & Health

Sciences > Medicine > Clinical > Mental Health #134 in Books > Health, Fitness & Dieting >

Psychology & Counseling > Testing & Measurement

## Customer Reviews

... an excellent "hands-on" guide to the practice of cognitive-behavioural interventions. Of the

various edited texts in existence, this is the most concrete and practical and likely will find good use in the libraries of beginning clinicians or therapists intending to expand their clinical interventions to include cognitive-behavioral therapies' Contemporary Psychology` Psychiatrists, junior and senior, will find this a useful practical guide to an expanding area of psychiatric treatment.' The Lancet` The editors have done an excellent editorial job and all the chapters follow a straightforward format, introducing the disorder, discussing formulation, assessment, and treatment, and finishing with a summary of the relevant research evaluating the treatment... it should be useful for any therapists, whether they be psychologists, psychiatrists, counsellors, or psychiatric nurses, who want to get an idea of what actually goes on in cognitive behavioural treatments. It should also be recommended reading in training programmes in cognitive behaviour therapy.' British Medical Journal` This well-written and concise work should become a standard text for all training courses in clinical psychology and psychiatry.' Behavioural Psychotherapy` Hawton and his editorial colleagues have no reason to fear that their product will fail to be noticed, or to make an impact. Its sheer quality will ensure both. An ambitious undertaking, it is clearly the product of clear thinking and planning, careful writing of chapters by authors who are established experts in their respective fields, and judicious editorial handling. As a practical guide to the popular and growing field of cognitive-behaviour therapy, this compares very favourably with its predecessors, and is likely to be taken as a text of choice for some time.' Behaviour Research Therapy` Excellent... This book is a must for all those working in psychiatric and allied settings.' British Journal of Psychology` This is an important and timely book ... the standard of writing is very good and I think the book succeeds admirably in its stated aims. It can be recommended fully to individuals and to libraries.' British Journal of Clinical Psychology` A very good addition to the burgeoning literature... will be a standard text on cognitive-behavioural therapy in Britain for some time to come.' British Journal of Medical Psychology` this book is excellent. It has some very nice touches, particularly the subsidiary references after each chapter...this book is not an in-depth academic treatise but a practical guide for the application of cognitive behaviour therapy techniques for a wide variety of psychiatric problems. In this respect it works extremely well, with down to earth practical advice. This book is a must for all those working in psychiatric and allied settings.' The Irish Journal of Psychology` a remarkable summary of the current clinical practice of cognitive behavior therapy.' American Journal of Psychiatry

Cognitive behaviour therapy is now established as the leading psychological treatment for many psychiatric conditions, and numerous controlled trials have demonstrated its effectiveness. This

innovative book provides detailed guidance on how to practise cognitive behaviour therapy with patients suffering from a wide range of emotional disorders.

This book is just not nearly as good as other books about CBT. "Basics and Beyond" is an exquisite book and much better than this one. Someone said of Volvo that it costs just as much to make an ugly car, so why do they do it? If you are going to read a book, read a gold standard. If you want a book that covers more specific disorders, then I would use Barlow's Clinical Handbook of Psychological Disorders.

This particular work is flowing with useable and believable knowledge! You don't have to be a rocket-scientist to comprehend it, but you must have a passion for the deep. This book takes you on a mind-boggling trail as you see how your reactions are all linked to a substantiated incident. Take for instance the bell theory that is mentioned in the very first paragraph. Your mind is triggered and tricked so easily! I highly recommend this work in its entirety. It soaks into your thought pattern!

As a person in her last year of a clinical MSW degree, I found this book to be very helpful. Great ideas on ways to structure your session and great intervention techniques.

It is a good book indeed. Although it is not a new copy, but is still in good condition. Worth buying!

I have borrowed this book from colleagues and found it immensely useful and felt I needed my own copy to aid my practice

[Download to continue reading...](#)

Cognitive Behaviour Therapy for Psychiatric Problems: A Practical Guide (Oxford Medical Publications) Cognitive Behavioral Therapy (CBT): A Complete Guide To Cognitive Behavioral Therapy - A Practical Guide To CBT For Overcoming Anxiety, Depression, Addictions ... Phobias, Alcoholism, Eating disorder) Oxford Dictionary of Medical Quotations (Oxford Medical Publications) Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People Treating Psychosis: A Clinician's Guide to Integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy, and Mindfulness Approaches within the Cognitive Behavioral Therapy Tradition All-in-One Care Planning Resource: Medical-Surgical, Pediatric, Maternity, and Psychiatric Nursing Care Plans (All-In-One Care Planning Resource: Med-Surg, Peds, Maternity, & Psychiatric Nursing) Oxford Handbook of Dialysis (Oxford Medical Publications) Oxford Handbook

of Tropical Medicine (Oxford Medical Publications) Behaviour Problems in Small Animals: Practical Advice for the Veterinary Team Neuropsychology of Art: Neurological, Cognitive, and Evolutionary Perspectives (Brain, Behaviour and Cognition) Medical Terminology: Medical Terminology Easy Guide for Beginners (Medical Terminology, Anatomy and Physiology, Nursing School, Medical Books, Medical School, Physiology, Physiology) Prostate Problems Home Remedies, How To Fight Prostate Problems At Home, Get Rid Of Prostate Problems Fast!: Back On Track - Fighting Prostate Problems At Home Medical Terminology: Medical Terminology Made Easy: Breakdown the Language of Medicine and Quickly Build Your Medical Vocabulary (Medical Terminology, Nursing School, Medical Books) Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Psychiatric Certification Review Guide For The Generalist And Clinical Specialist In Adult, Child, And Adolescent Psychiatric And Mental Health Nursing American Psychiatric Association Practice Guideline for the Treatment of Patients with Eating Disorders (2314) (American Psychiatric Association Practice Guidelines) Principles and Practice of Psychiatric Nursing, 10e (Principles and Practice of Psychiatric Nursing (Stuart)) Manual of Psychiatric Nursing Care Planning: Assessment Guides, Diagnoses, Psychopharmacology, 5e (Vancouver, Manual of Psychiatric Nursing Care Plans) Psychiatric Mental Health Nursing, 5e (Psychiatric Mental Health Nursing (Fortinash)) Nursing Diagnoses in Psychiatric Nursing: Care Plans and Psychotropic Medications (Townsend, Nursing Diagnoses in Psychiatric Nursing)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)