

# Cognitive Therapy For Challenging Problems - Judith Beck

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This groundbreaking book addresses what to do when a patient is not making progress in cognitive-behavioral therapy. Provided is practical, step-by-step guidance on conceptualizing and solving frequently encountered problems, whether in developing and maintaining the therapeutic alliance or in accomplishing specific therapeutic tasks. While the framework presented is applicable to a range of challenging clinical situations, particular attention is given to modifying the longstanding distorted beliefs and dysfunctional behavioral strategies of people with personality disorders. Helpful appendices include a reproducible assessment tool, the Personality Belief Questionnaire. Author: Beck, Judith Publisher: Guilford Press Illustration: N Language: ENG Title: Cognitive Therapy for Challenging Problems Pages: 00324 (Encrypted EPUB) On Sale: 2005-08-24 SKU-13/ISBN: 9781609189907 Category: Medical : Psychiatry - General Category: Social Science : Social Work Category: Medical : Nursing - Psychiatric

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