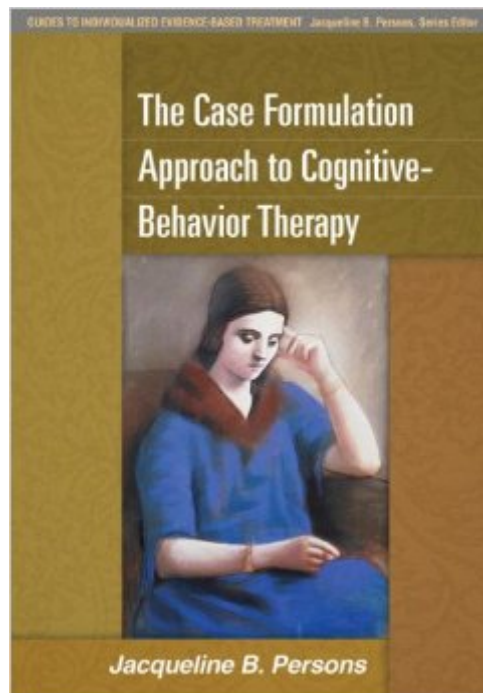


The book was found

# The Case Formulation Approach To Cognitive-Behavior Therapy (Guides To Individualized Evidence-Based Treatment)



## Synopsis

This book addresses a critical challenge in evidence-based psychotherapy: how to use empirically supported therapies (ESTs) in real-world clinical contexts. The author explains the basic theories of cognition, learning, and emotion that underlie available ESTs and shows how the theories also guide systematic case formulation. By crafting a sound formulation and continually refining and monitoring it as treatment progresses, the therapist can smoothly "shift theoretical gears" and weave together elements of different ESTs to meet the needs of individual patients, who typically present with multiple problems. Hands-on tools, reproducibles, and many concrete examples are included.

## Book Information

Series: Guides to Individualized Evidence-Based Treatment

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## Customer Reviews

A real textbook and a tough read. But I found this to be thorough, well thought out, and it should be must reading for all who want to claim that they really do CBT. We need a high bar and this author sets it.

I use this book constantly for teaching, supervision, and my own clinical work. I re-read it as often as I can, as I hope one day I can always speak to my clients like Persons does. This is a fabulous book for anyone wanting to use case formulation in their practice.

Case conceptualisation can be obscure, one knows its a good thing but few books say exactly why in such detail. This text is clear concise, with helpful explanations each step of the way.Helps you to identify what step or part of the concept you may have overlooked and how to include it.The chapters make sense, with theory first and the practice follows. An indispensable reference book for the shelf.

what a wonderfully written book! This is filled with numerous interesting examples that really illustrate ways to use case formulation to help clients. This is a great book for both students and therapists.

Before seeing clients in this Phd program, which is mostly focused on research, this book was extremely helpful to ease into seeing clients and not feeling overwhelmed by the therapy process and how to proceed.

This book is truly exceptional. I use it for training new graduate students. It is very accessible and easy to understand. This should be on the bookshelf of any CBT-oriented clinical supervisor.

Excellent book for case conceptualizations!!! This book is a must read for any psychotherapist, psychologist, counselor or social worker!

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