



High-Yield Cognitive-Behavior Therapy for Brief Sessions: An Illustrated Guide (Paperback)

By Jesse H. Wright, Donna M. Sudak, Douglas Turkington

American Psychiatric Association Publishing, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. High-Yield Cognitive-Behavior Therapy for Brief Sessions: An Illustrated Guide breaks entirely new ground in explaining how to weave together the powerful tools of CBT with pharmacotherapy in sessions shorter than the traditional 50-minute hour. Written for psychiatrists, therapists, and other clinicians, the book details ways to enrich brief sessions with practical CBT interventions that work to relieve symptoms and promote wellness. An engaging and instructive resource of video illustrations included with the book demonstrates how to successfully implement brief CBT sessions for some of the most common and important problems seen in clinical practice -- depression, anxiety, psychotic symptoms, suicidality, sleep disturbances, substance abuse, and coping with physical health issues. Written by practicing clinicians with extensive experience in combining CBT and pharmacotherapy, this volume builds on the constructs and techniques described in the authors earlier best-selling illustrated guides, Learning Cognitive-Behavior Therapy and Cognitive-Behavior Therapy for Severe Mental Illness. The authors describe in detail the general features of CBT that can be applied in less time than the 50-minute hour. The therapist and patient function as an investigative team; the power of this collaborative empiricism...

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