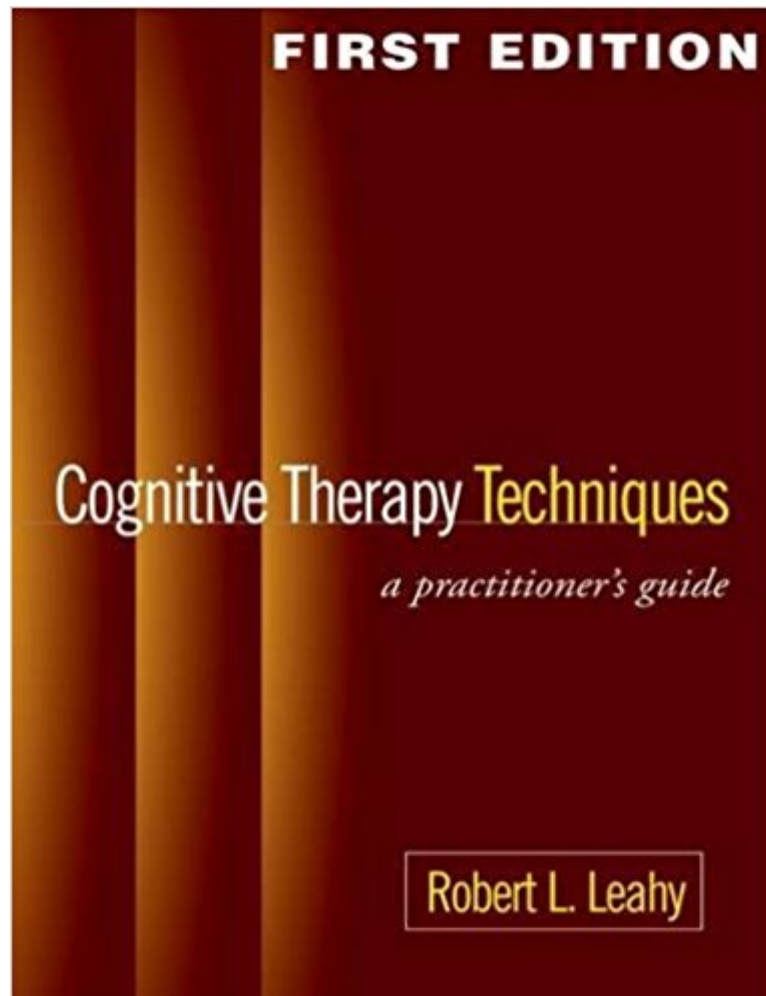




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# Cognitive Therapy Techniques, First Edition: A Practitioner's Guide



## Synopsis

A proven clinical resource, this book is packed with useful tools and interventions that will expand the repertoire of novice and experienced cognitive therapists. Detailed are the full variety of evidence-based techniques that can be brought to bear on specific client problems and therapeutic challenges. Therapists will rediscover--or learn for the first time--a wealth of effective ways to identify and challenge thoughts and core beliefs; modify patterns of worry, self-criticism, and approval-seeking; evaluate personal schemas; intervene in emotional processes; and activate new experiences for the client. Each technique is thoroughly described in Robert L. Leahy's trademark accessible style and illustrated with vivid case examples. Designed in a convenient large-size format, the book is bursting with 88 reproducible client forms and handouts.

## Book Information

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## Customer Reviews

"An excellent compilation of highly specific interventions that can be used in the context of providing cognitive-behavioral therapy. Many are evidence-based and draw on social-cognitive learning theory. Practitioners will find this an exceedingly useful resource for well-established as well as innovative clinical approaches that are applicable to the treatment of a wide range of disorders."--Bruce A. Thyer, PhD, LCSW, School of Social Work, Florida State University

Cognitive Therapy Techniques will be valuable to both trainees and experienced therapists. It covers a wide range of therapeutic interventions, providing clear examples, forms to use with clients, and concrete suggestions for homework assignments. Written for readers who are familiar with the principles and

practice of cognitive therapy, it will be a useful adjunct to the basic cognitive therapy texts."--James Pretzer, PhD, Cleveland Center for Cognitive Therapy

"The best methods cognitive therapy has to offer are explained in this clear and compelling book from a master therapist. Dr. Leahy provides a cornucopia of creative, innovative, and useful techniques. The richly detailed explanations in this book will help both novice and advanced clinicians build their cognitive therapy skills"---Jesse H. Wright, MD, PhD, Department of Psychiatry and Behavioral Sciences, University of Louisville School of Medicine

"A treasury of cognitive therapy strategies and techniques. Provides all the tools a therapist needs for effective cognitive therapy."--Aaron T. Beck, MD, Department of Psychiatry, University of Pennsylvania

"This volume adds immeasurably to the clinical literature and will surely become a classic in the field. Leahy, who has made his mark as a theoretician, researcher, and clinician, provides a rich resource for therapists of any primary orientation. In a thorough, user-friendly style, he describes specific techniques, offers a rationale for each intervention, helps the reader implement the technique, provides a clinical example, and problem-solves potential difficulties. Clinicians can pick and choose those interventions that have the greatest likelihood of furthering a given treatment plan. This book has great potential as a teaching tool for graduate-level students in psychology and related fields, and for psychiatric residents. I teach a course in CBT and am likely to make this a required text."--Arthur Freeman, EdD, ABPP, Chair, Department of Psychology, Philadelphia College of Osteopathic Medicine

"...well written and user-friendly. Dr. Leahy uses jargon-free and accessible language without sacrificing complexity or sophistication. The uniform layout of the techniques is a major strength of this volume. The layout of the techniques provides an inexperienced cognitive therapist with all of the tools necessary for understanding how, when, and for what reason to employ a specific cognitive technique....This volume is an exceptionally useful resource for cognitive therapists. It is likely to benefit anyone from the student to the expert in cognitive therapy. This volume is also likely to be read by a variety of practitioners from non-cognitive orientations, as many non-cognitive therapist[s] incorporate cognitive techniques into their practice....this is an excellent volume that will find a home not on the bookshelf, but in the hands and laps of many practitioners." (Cognitive Behavioral Therapy Book Reviews 2003-07-31)

Robert L. Leahy, PhD, is Director of the American Institute for Cognitive Therapy in New York and Clinical Professor of Psychology in the Department of Psychiatry at Weill Cornell Medical College in New York. His research focuses on individual differences in theory of emotion regulation. Dr. Leahy is Associate Editor of the International Journal of Cognitive Therapy and is past president of the Association for Behavioral and Cognitive Therapies, the International Association for Cognitive

Psychotherapy, and the Academy of Cognitive Therapy. He is the 2014 recipient of the Aaron T. Beck Award from the Academy of Cognitive Therapy.

This is a great resource for the skilled CBT clinician. The book is divided logically into chapters around specific CBT activities (e.g. Challenging Thoughts, Information Processing and Logical Errors, Schema-Focused Therapy, etc.); contains brief clinical descriptions of the activity along with clinical examples and possible problems; and, features useful worksheets to use with clients. I think the book is best for those who have a background in CBT and are looking for a comprehensive book to reference CBT therapeutic tasks and have easy access to useful worksheets. The worksheets range from basic CBT tasks (including identifying thoughts) to more advanced CBT tasks (including schema-focused work and cognitive restructuring). My only complaint is that the book does not come with an accompanying CD with the worksheets. I'd rather print out clean worksheets than have to press the book into a copy machine each time I need worksheets. Of the myriad of CBT books out there, this is definitely one you want to have on your shelf.

This is a fantastic book and a vital resource for both students and experienced cognitive-behavioural therapists. The book is fully comprised of comprehensive CBT techniques spanning from simply identifying automatic thoughts to challenging and modifying schemas. The book also offers useful information to guide the reader in selecting which techniques to use and for what issue. The CBT techniques all contain a summary explanation, how the technique should be used, what the therapist should say verbatim when using the technique and remedies for common problems encountered with the technique. The book's best asset is the use of case scenarios for each technique, which contain therapist/client dialogue. These small examples offer excellent ways to deliver the technique to the client verbatim. I think this is a wonderful book and a must-have for anyone engaged in counselling or practising CBT.

I have been a clinician for over 25 years and have never found a book so inclusive of various CBT techniques. The format provides the technique in a detailed manner allowing the clinician to fully understand how and when to use it. There is a wide variety of techniques to use in just about any clinical situation. I also use this book with my staff, most of whom are new to the field. Each staff meeting I have one of them highlight a specific technique so that we all get to learn what is available in the book and the new therapist can learn about CBT. This book is excellent for both the new and the seasoned clinician. I highly recommend it to all.

Leahy's writing and organization are excellent. I have made use of several of his techniques and worksheets in my practice, and I expect this book to be useful for years to come. My only quibble is that some of his dialogue is of a more "beat client over the head with disputation of the irrational thought" style than I can endorse.

When I learned about CBT in grad school I didn't actually fully grasp what to say and how to functionally use the theory. This book gives very clear examples leaving no doubt how you could actually use the therapy methods. I found it to be fantastic and exactly what I wanted. I only wish this book also contained behavioral techniques instead of just cognitive ones. Over all if you are looking for a straightforward set of interventions from cognitive therapy you could do no better than this book.

Excelent book for those who want to improve their knowledge in CBT area. The book is excelent guide for begginers ,but also for those more skilled in working with CBT(there are lot of new techniques covered in this book useful for depresion and anxiety disorders) and will help those who want to include more specific techiques in their existing repertoar of standard CBT techiques. More important. For every techique is shown how it relates functionaly with the other presented techiques in this book.

This is the best book by far for the practitioner wanting to increase CBT skills. I have admired Dr. Leahy's books and articles and he does not disappoint with this one. Particularly helpful are his dialogues with clients- it's like listening in on a real-time session. We often get stuck using the same techniques over and over. He suggests several approaches that can be used for each topic. This book exceeded my expectations by a mile. The price was lower than the publisher's price. I couldn't be more pleased.

I think this is a very good book overall with a few spelling errors and I wish he had used different contextual examples. He uses one about how a student made a bad grade so many times. More realistically, a patient would have an unknown reason for their anxiety. I also think this book is \$10 too high.

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