

A photograph of a male doctor and a female patient in a clinical setting. The doctor, wearing a white lab coat and a stethoscope, is looking down at a clipboard held by the patient. The patient, a man with a shaved head, is also looking at the clipboard. In the background, there is a blood pressure monitor on a stand and some medical equipment.

A Comprehensive Guide

DBT Therapy Techniques

Therapy Techniques Guide

N Colangelo



Therapy Techniques Guide:

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Cognitive Therapy Techniques, Second Edition Robert L. Leahy, 2017-03-03 Subject Areas Keywords anger approval seeking assumptions avoidance basics CBT challenging clinical practice cognitive distortions cognitive therapy cognitive behavioral therapy CT decision making distortion eliciting emotion regulation emotional processing emotions evaluating examining forms homework interventions intrusive logical errors modifying practitioners psychotherapists psychotherapy schemas self criticism skills strategies techniques testing therapists thoughts training DESCRIPTION This indispensable book has given many tens of thousands of practitioners a wealth of evidence based tools for maximizing the power of cognitive therapy and tailoring it to individual clients Leading authority Robert L Leahy describes ways to help clients identify and modify problematic thoughts core beliefs and patterns of worry self criticism and approval seeking evaluate personal schemas cope with painful emotions and take action to achieve their goals Each technique includes vivid case examples and sample dialogues Featuring 125 reproducible forms the print book has a large size format for easy photocopying purchasers also get access to a Web page where they can download and print the reproducible materials

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