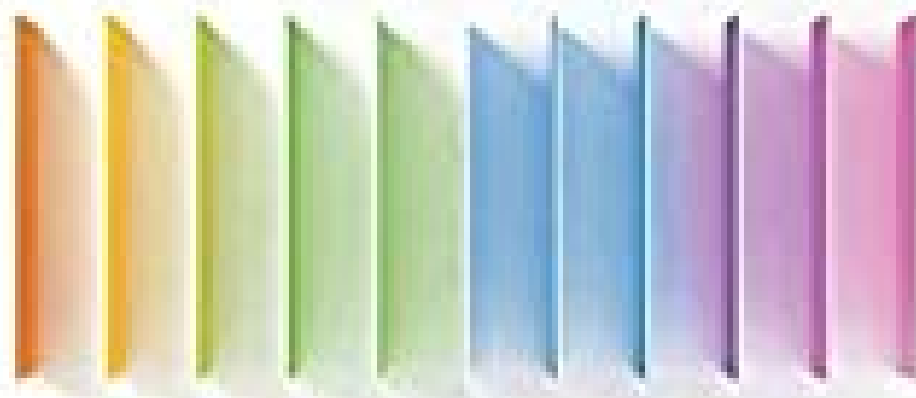


# Cognitive-Behavioral Therapy for Adults with Autism Spectrum Disorder

SECOND EDITION



Valerie L. Gaus

Foreword by Tony Attwood

Valerie L. Gaus and

Cognitive-Behavioral Therapy for Adults with Autism Spectrum Disorder,  
Second Edition



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Today revised and expanded, this is the leading reference for psychotherapists working with adults who've autism spectrum disorder (ASD) without significant cognitive and vocabulary impairments (also known as Asperger syndrome). Reproducible worksheets could be downloaded and printed in a practical 8 1/2" x 11" size. Gaus shows how exactly to adapt the proven techniques of cognitive-behavioral therapy (CBT) to build clients' social and coping skills, facilitate self-acceptance, and treat comorbid anxiety and major depression. Illustrated with detailed case examples, the publication is normally grounded in cutting-edge understanding of information-processing distinctions in ASD. \*Incorporates cutting-edge study on CBT and on clinical problems connected with ASD. presenting complications and optimizing the effectiveness of interventions. Initial edition title: Cognitive-Behavioral Therapy for Adult Asperger Syndrome. \*Extra strategies and resources for teaching social and coping abilities. \*Chapter on mindfulness-based strategies for emotion regulation problems. New to This Edition \*Explains the significant terminology changes in DSM-5 and their effect. s related self-help resource, Living Good on the Spectrum, an ideal client recommendation. It offers clinicians critical guidance for conceptualizing these customers' See also the author' \*Describes new and updated evaluation instruments.



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