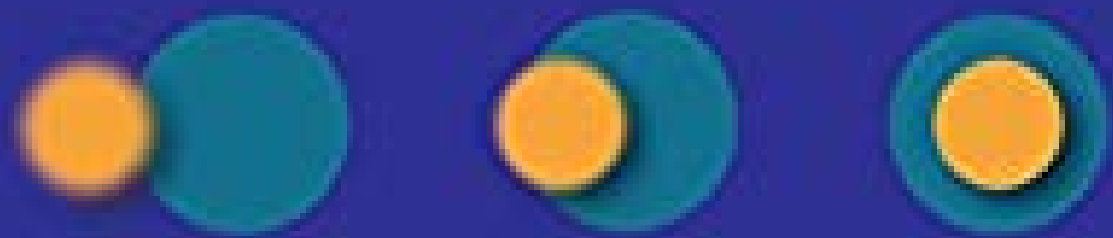


Over 230,000 in Print!

S E C O N D E D I T I O N

COGNITIVE BEHAVIOR THERAPY

Basics and Beyond



Judith S. Beck

Foreword by Aaron T. Beck

Judith S. Beck

Cognitive Behavior Therapy, Second Edition: Basics and Beyond



[continue reading](#)

Presently using CBT in my own practicum placement so a lot of the information was repetitive for me personally, but the book was very thorough and will be wonderful for anybody just beginning their scientific trip and practicing the use of CBT. As a graduate college student in Counseling Psychology I experienced confused by all these theories of psychotherapy. I didn't understand how to start personal learning because I needed to learn everything at once. With adequate guidance I think I will give a good service for just about any client that walks in. Since most of my professors are CBT trained I gave it a shot by reading this book. It's perfect. I actually am still having problem accessing a few of the books I purchased in Kindle. It emphasizes the therapeutic relationship just like the Rogerian model, it follows research and it's an easy task to stick to as a novice. Now I'm near my practicum so I realize I just need a good model to work with. P. S. I attempted reading books about Gestalt, Narrative Therapy, Solution Focused therapy, REBT, Action, DBT etc. It explains it well, and describes it in a manner that you can apply it in your guidance. There are activity bed lines and dialogues showing how to use CBT with customers. Fantastic read. CBT divided nicely Had to purchase this reserve for a clinical practice class for my MSW. The very best book for graduate students This book may be the one you have already been looking for my friend. I even found some tips to improve my practice. Useful book to have on hand regardless. Good Book By Great Author If you are wanting to understand Cognitive Behavior Therapy, this is actually the book for you.. Judith Beck is obviously in a place to be an authority of CBT. This book is also easy to read and comprehend which is great when one has a lot to read for course. A little dated. A few of the examples could be a little bit unrealistic as there is little conflict portrayed. Provides a good, obvious, constructive summary of CBT. Even though book uses a synopsis of treating the depressed patient, the book is easy enough to permit adaptation to various other diagnoses. Good book This book is excellent. It provides a step by step guide on using CBT in therapy.. CBT is seen throughout and well structured by sessions Good basic overview A good, introductory text to Cognitive Behavior Therapy. Thorough but verbose Useful but verbose and primarily exemplified by that one patient case. and provides the perfect stability of theory and practice I had the basic understanding of CBT, with my grounding in Person-Centered and Adlerian theories. This book provided the necessary "training" that I had a need to enhance my understanding of CBT. It is created for a clinician, and provides the perfect balance of theory and practice, even offering a workbook-type feel. Using one client's encounter through the entire book was a great move. I enjoyed scanning this book and utilize it as a reference in my practice.. the only one that compares to that one is the REBT practitioners manual by the Albert Ellis institute. CBT Good read, informative, fast shipping. Fantastic read. This is the fundamental authority in the realm of CT. Certainly have loved having the Kindle edition and did not open the paperback onetime! I would suggest pairing this reserve with individual research and meta-analyses of CT's effectiveness in various mental health realms. Best university clinical applications in mental health research and instruction use this book. Shipped fast Publication came swiftly without the issues.. Like the book, cover came ripped. No issues with the material itself however the cover was slightly ripped upon arrival. Pivotal insight. Love the electronic edition! Bought this for a course in both paperback and Kindle edition. For adept readers looking for insights of CBT, this is an excellent tool. Judith's dad Aaron still teaches at Penn. :) Five Stars Great condition Very hands-on Excellent study book for therapy, counseling and coaching. I actually am still having problem accessing a few of the books .. GO QUAKERS! It offers you an proof based model that actually helps patients/clients actually if you're not a master therapist yet. The response isn't encouraging. I called many times.



[continue reading](#)

download Cognitive Behavior Therapy, Second Edition: Basics and Beyond e-book

download free Cognitive Behavior Therapy, Second Edition: Basics and Beyond e-book

[download free Bright Kids Who Can't Keep Up: Help Your Child Overcome Slow Processing Speed and Succeed in a Fast-Paced World ebook](#)

[download free Cognitive-Behavioral Interventions for Emotional and Behavioral Disorders: School-Based Practice epub](#)

[download Psychoanalytic Diagnosis, Second Edition: Understanding Personality Structure in the Clinical Process mobi](#)