

**NEW EDITION!**

# COGNITIVE BEHAVIOR THERAPY

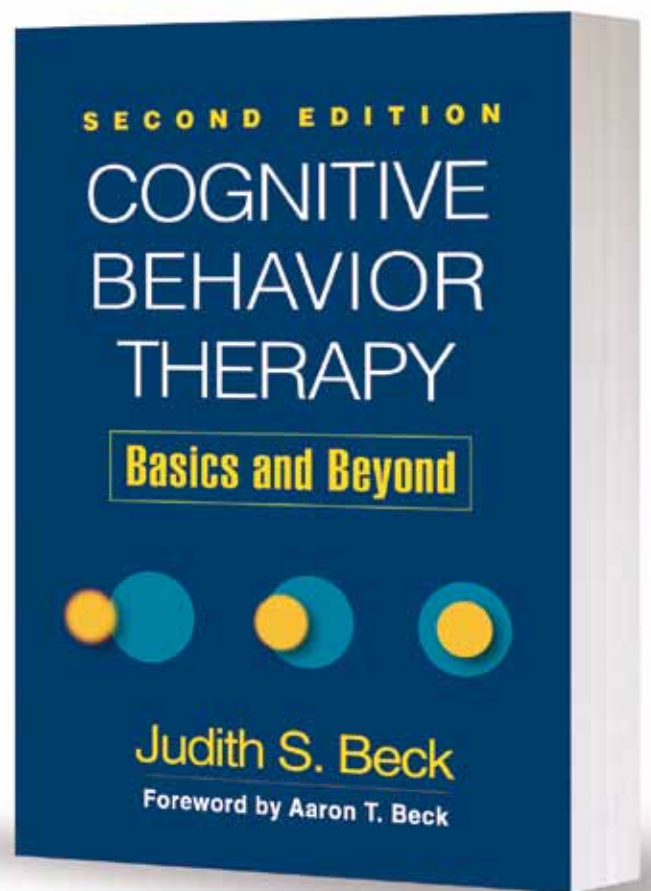
## Basics and Beyond SECOND EDITION

**Judith S. Beck**

**Foreword by Aaron T. Beck**

*“In addition to the fundamental aspects of CBT that were presented in the original volume, the second edition presents innovations in theory and clinical practice. Like its predecessor, this book is destined to be an international success. It is written in clear and compelling prose, with many practical suggestions and clinical vignettes. This is truly an essential book for anyone who wants to become expert in CBT.”*

**- Keith S. Dobson,**  
University of Calgary, Canada



*"The practicality of Beck's revised therapy guide is just plain impressive. Here are the building blocks of CBT, taught with wonderful skill and sensitivity in a manner that engages new learners and experienced clinicians equally. This is an outstanding basic text for training mental health clinicians of all disciplines, and is especially useful for courses on general psychotherapy, CBT, or adult psychiatric problems. Numerous case illustrations clarify both the principles and practice of CBT; the extended example helps newcomers understand how to use specific methods over the entire course of treatment. It is hard to imagine that any aspiring clinician would not benefit greatly from reading this book."* - **Gail S. Steketee, Boston University School of Social Work, USA**

The leading text for students and practicing therapists who want to learn the fundamentals of cognitive behavior therapy (CBT), this book is eminently practical and authoritative. In a highly accessible, step-by-step style, master clinician Judith S. Beck demonstrates how to engage patients, develop a sound case conceptualization, plan treatment, and structure sessions effectively. Core cognitive, behavioral, and experiential techniques are explicated and strategies are presented for troubleshooting difficulties and preventing relapse. An extended case example and many vignettes and transcripts illustrate CBT in action.

This book will be invaluable to clinicians and graduate students in all of the mental health disciplines, including clinical psychology, social work, psychiatry, and counseling. It will also serve as a text in graduate-level CBT and psychotherapy courses.

**August 2011: 391pp.**

**Hb: 978-1-60918-504-6: £33.95**

**Published by Guilford Press**

**[www.guilfordpress.co.uk/9781609185046](http://www.guilfordpress.co.uk/9781609185046)**

**[www.cbtarena.com](http://www.cbtarena.com)**

## NEW TO THIS EDITION

- reflects **over 15 years of research advances** and the author's ongoing experience as a clinician, teacher, and supervisor
- chapters on the **evaluation session** and **behavioral activation**
- **increased emphasis** on the therapeutic relationship, building on patients' strengths, and homework
- **now even more practical:** features reproducibles and a sample case write-up.

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1. Introduction to Cognitive Therapy
2. Overview of Treatment
3. Cognitive Conceptualization
4. The Evaluation Session
5. Structure of the First Therapy Session
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8. Problems with Structuring the Therapy Session
9. Identifying Automatic Thoughts
10. Identifying Emotions
11. Evaluating Automatic Thoughts
12. Responding to Automatic Thoughts
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21. Progressing as a Cognitive Therapist

## Appendices

Appendix A: Cognitive Case Write-up.

Appendix B: Cognitive Therapy Resources.

Appendix C: Cognitive Therapy Rating Scale.

**Judith S. Beck, PhD**, is President of the Beck Institute for Cognitive Behavior Therapy and Clinical Associate Professor of Psychology in Psychiatry at the University of Pennsylvania School of Medicine. She has written nearly 100 articles and chapters as well as several books for professionals and consumers; has made hundreds of presentations, nationally and internationally, on topics related to CBT; and is the codeveloper of the Beck Youth Inventories and the Personality Belief Questionnaire. Dr. Beck is a founding fellow and past President of the Academy of Cognitive Therapy.

