



## Becoming an Effective Psychotherapist: Adopting a Theory of Psychotherapy That's Right for You and Your Client (Paperback)

By Derek Truscott

American Psychological Association, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. Cognitivebehavioral therapy (CBT) is effective in treating a wide range of psychological problems. Yet many clients whose symptom presentations significantly differ from textbook examples feel that their treatment has failed. CognitiveBehavioral Therapy for Refractory Cases: Turning Failure Into Success expertly demonstrates how these standard intervention protocols can be appropriately modified to meet client needs. With each chapter, leaders in the field of CBT address the management and prevention of treatment nonresponsiveness with a range of populations that include social anxiety disorder, obsessivecompulsive disorder, posttraumatic stress disorder, eating disorders, depression, insomnia, impulse control disorder, anger issues, and borderline personality disorder among others. Using illustrative case examples and intervention protocols, this volume offers practical guidance for clinicians facing resistance and limited response to CBT from their clients. The editors also closely examine future directions in research to further advance the success of CBT in treating these refractory cases.



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### Reviews

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