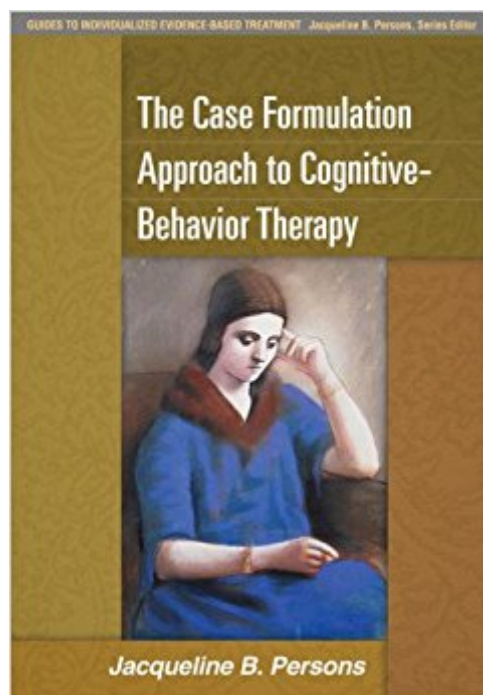




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# **The Case Formulation Approach To Cognitive-Behavior Therapy (Guides To Individualized Evidence-Based Treatment)**



## Synopsis

This book addresses a critical challenge in evidence-based psychotherapy: how to use empirically supported therapies (ESTs) in real-world clinical contexts. The author explains the basic theories of cognition, learning, and emotion that underlie available ESTs and shows how the theories also guide systematic case formulation. By crafting a sound formulation and continually refining and monitoring it as treatment progresses, the therapist can smoothly "shift theoretical gears" and weave together elements of different ESTs to meet the needs of individual patients, who typically present with multiple problems. Hands-on tools, reproducibles, and many concrete examples are included.

## Book Information

Series: Guides to Individualized Evidence-Based Treatment

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## Customer Reviews

"Persons's insights into case formulation are second to none. This book brilliantly demonstrates that you don't have to sacrifice good science to be an excellent clinician, and vice versa. I recommend it to psychotherapists and students at all levels of experience who are interested in using the best theories and clinical techniques to help their patients achieve real and lasting change. Persons's rare combination of clinical practicality and scientific dedication makes her a role model for every young scientist-clinician."--Marsha M. Linehan, PhD, ABPP, Professor and Director, Behavioral Research and Therapy Clinics, University of Washington

"This groundbreaking volume will train the next generation of cognitive-behavioral therapists. Its sophisticated blending of case-level

formulation with empirical principles of behavior change is a threshold event in CBT's ongoing engagement with clinical complexity, comorbidity, and nonadherence."--Zindel V. Segal, PhD, Cameron Wilson Chair in Depression Studies and Professor of Psychiatry, University of Toronto

"Decades of research and clinical experience meet in this seminal book. Persons provides a guide for both the novice and experienced practitioner to deal with even the most complex of cases. This significant work will no doubt become the shining light by which the idiographic approach to CBT will be guided in the future. One of the few books that is worth even more than the purchase price!"--Nicholas Tarrier, PhD, FBPSS, Department of Psychology, Institute of Psychiatry, King's College, London, UK

"There is no greater challenge facing mental health professionals than moving from scientific theory and research to clinical practice. Persons has addressed this critical issue for many years, and has come up with solutions that demand the attention of serious health professionals. She convincingly shows how to analyze complex cases in ways that are both scientifically sound and practically feasible and effective. Persons is the consummate scientist-practitioner. This book is a 'must read' for students, academics, and practitioners."--Gerald C. Davison, PhD, William and Sylvia Kugel Dean's Chair, and Professor of Gerontology and Psychology, University of Southern California

"This excellent book describes treatment formulation and the therapeutic process well, from a cognitive-behavioral framework. The reproducible forms are extremely helpful, especially for new therapists who are beginning a private practice. All-in-all, the author helps us to look at the therapeutic process in cognitive-behavioral terms and design it with each specific client in mind, and not in terms of a general protocol. This is very refreshing, to say the least....4 stars!" (Doody's Review Service 2012-10-24)

Jacqueline B. Persons, PhD, is Director of the San Francisco Bay Area Center for Cognitive Therapy and Clinical Professor in the Department of Psychology at the University of California, Berkeley. She is a clinician, teacher, researcher, writer, and scientist-practitioner. She maintains an active clinical practice, providing cognitive-behavior therapy for mood and anxiety disorders and related problems, and teaches and provides clinical supervision to students and professionals in many settings. Dr. Persons conducts research on the mechanisms underpinning symptoms of depression and anxiety and on the process and outcome of cognitive-behavior therapy, especially as it is implemented in routine clinical practice. Her first book, *Cognitive Therapy in Practice: A Case Formulation Approach*, published by W. W. Norton in 1989, is widely considered a classic. She is past president of the Association for Advancement of Behavior Therapy (now the Association for Behavioral and Cognitive Therapies) and of the Society for a Science of Clinical Psychology, a

section of the Society of Clinical Psychology of the American Psychological Association.

A real textbook and a tough read. But I found this to be thorough, well thought out, and it should be must reading for all who want to claim that they really do CBT. We need a high bar and this author sets it.

good CBT formulation guide

what a wonderfully written book! This is filled with numerous interesting examples that really illustrate ways to use case formulation to help clients. This is a great book for both students and therapists.

I use this book constantly for teaching, supervision, and my own clinical work. I re-read it as often as I can, as I hope one day I can always speak to my clients like Persons does. This is a fabulous book for anyone wanting to use case formulation in their practice.

Excellent book for case conceptualizations!!! This book is a must read for any psychotherapist, psychologist, counselor or social worker!

Brings information about cbt in a integrative way. I really liked it. Recommend to beginners and experienced learners. Very good book.

It actually helps when trying to formulate a conceptualization of a case now that Im in practicum it has help a lot.

Very helpful book.

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