



Making Cognitive-Behavioral Therapy Work, Second Edition: Clinical Process for New Practitioners

Deborah Roth Ledley PhD, Brian P. Marx PhD, Richard G. Heimberg PhD

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Used around the world by novice clinicians as well as experienced therapists new to cognitive-behavioral therapy (CBT), this bestselling book has been widely adopted as a text in clinical training programs. The authors provide a vivid picture of what it is actually like to do CBT and offer practical guidance for becoming a more skilled and confident clinician. Vignettes and examples illustrate the entire process of therapy, from intake and assessment to case conceptualization, treatment planning, intervention, and termination. Expert advice is given on building collaborative therapeutic relationships and getting the most out of supervision. Appendices feature recommended treatment manuals and other CBT resources.

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