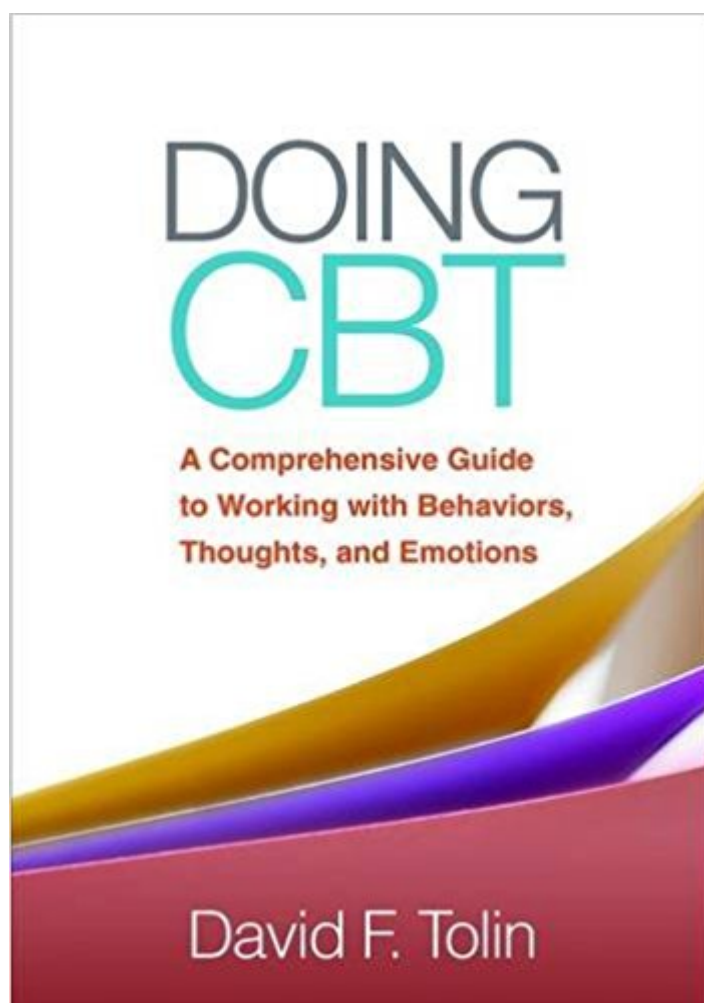


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# Doing CBT: A Comprehensive Guide To Working With Behaviors, Thoughts, And Emotions



## Synopsis

This accessible text and practitioner resource provides a complete introduction to the art and science of cognitive-behavioral therapy (CBT). In a witty, straight-talking style, David F. Tolin explains core concepts and presents effective techniques for addressing the behavioral, cognitive, and emotional elements of psychological problems. Vivid examples of several clients are followed throughout the book, which concludes with three chapter-length case illustrations. Readers gain essential skills for conceptualizing a case, planning treatment, and conducting therapy, from intake to termination. Reproducible forms and worksheets are included; purchasers get access to a Web page where they can download and print all 39 reproducible tools in a convenient 8 1/2" x 11" size.

**Pedagogical Features**

- \*Numerous engaging sidebars: Try This, The Science Behind It, Adapting the Process, and more.
- \*End-of-chapter Personal Target Worksheets that enable self-practice of core CBT skills.
- \*Quick-reference definitions of key terms.

## Book Information

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## Customer Reviews

"A masterwork of CBT for the next generation. Tolin bases his approach on the (often-neglected) fundamentals of behavior therapy, and deftly merges them with the new science of emotion regulation, acceptance, and mindfulness. I was delighted to see that Tolin provides a wealth of information about dialectical behavior therapy (DBT). This book picks up on what so many other CBT texts miss, such as how to manage the therapeutic relationship, how to make clinical decisions based on case conceptualization, how to deal with treatment-interfering behaviors, and how to

approach truly challenging cases. All that, and it's an entertaining read to boot--how many textbooks can make that claim? This book is a 'must read' for every clinician, student, and professional who wants to deliver excellent CBT."--Marsha M. Linehan, PhD, ABPP, Professor and Director, Behavioral Research and Therapy Clinics, University of Washington; developer of DBT "A thoughtful and pragmatic guide to the practice of CBT. Tolin not only describes what to do, but also lays out a theoretical basis for his recommendations. His approach is clinically informed and eminently practical. This book does a marvelous job of cutting through the academic clutter and speaking directly to what needs to be done in the clinical context. It will prove to be an invaluable training tool for students in psychology and the allied professions."--Steven D. Hollon, PhD, Gertrude Conaway Vanderbilt Professor of Psychology, Vanderbilt University "As CBT becomes the dominant scientifically informed approach to treatment, having access to easily digestible explanations of core concepts is increasingly important. Tolin presents sophisticated concepts in a lively manner, with case examples that run through each chapter. I plan to adopt this book in my graduate course on CBT, and expect it to be a go-to resource in treatment planning. I recommend this book to every clinician at every level, given the universality and broad appeal of the approach."--Dean McKay, PhD, ABPP, Department of Psychology, Fordham University; past president, Association for Behavioral and Cognitive Therapies "Truly a definitive volume on how to implement CBT principles with skill, sensitivity, and flexibility. This is a 'must-read' book for anyone who is learning, practicing, or teaching CBT; I will certainly use it in my graduate course. Tolin weaves complex scientific knowledge into his clear, clinically relevant, step-by-step guide. The prose is engaging, accessible, and sometimes even wry. Don't be daunted by the book's comprehensiveness--you will thoroughly enjoy every chapter!"--Lizabeth Roemer, PhD, Department of Psychology, University of Massachusetts Boston "This is a very useful book written by one of the field's leading clinician-researchers. Tolin moves the reader through the process of formulating a patient's difficulties and then directly tying treatment interventions to this formulation. He embeds clear explanations of the science behind CBT principles throughout the book; evocative case material helps the reader put the ideas into practice. This is a terrific book for the trainee who wants a thorough grounding in CBT. For the experienced clinician, it is like having a virtual colleague at your side to consult with on occasion as you take care of your patients."--Mark H. Pollack, MD, The Grainger Professor and Chairman, Department of Psychiatry, Rush University Medical Center "This book reflects the user-friendly style that Tolin is known for; it renders complex concepts easy to grasp and apply in everyday therapy. Practitioners will gain valuable tools and find many examples for practicing CBT with a diverse group of clients and problems. It's a fun read and a fine guide

to understanding why people are suffering and how to help them make critical changes in their behaviors, thoughts, and feelings. Essential reading for clinicians-in-training and for practicing therapists who want to strengthen their skills and improve their patient outcomes."--Gail Steketee, PhD, MSW, Dean and Professor, School of Social Work, Boston University "Doing CBT is a wonderful overview of CBT principles, rationales, and techniques. Clear, humorous, and free of pretension, Tolin's book is a game changer. It is an invaluable resource both for the graduate student developing foundational skills and the highly experienced practitioner looking for a toolbox full of ideas. The book begins with excellent coverage of the cognitive, behavioral, and emotional explanations for psychological distress. What follows is a detailed description of intervention delivery that addresses how to build the therapeutic alliance and use a variety of evidence-based interventions. The book concludes with three helpful case examples that show the process of case conceptualization, treatment, and assessment in real-world contexts. The volume and quality of information, combined with Tolin's highly engaging writing style, make this book an indispensable tool for any clinician."--Joel Minden, PhD, private practice, Chico, California "I have taught a course on Principles of Behavior Therapy in our clinical psychology doctoral program for 16 years, but, until now, I have never found a text that works. This is the book I have always wanted. It is practical, yet rich with evidence and science; full of humor, yet rigorous and detailed. Tolin's approach to describing CBT and the flexible way in which it is applied across disorders fits beautifully with the way I have always understood CBT and organized my class. Thank you and bravo to the author for this masterwork!"--Thad Leffingwell, PhD, Professor and Head, Department of Psychology, Oklahoma State University "Doing CBT" tries to be many things to many people, and succeeds ably in the attempt. The emphasis on theory-driven techniques and science-based conceptualizations is maintained without jargon, making the text easily digestible for clinicians of all backgrounds and experience levels. The strength of the book is its attempt to be comprehensive and integrative in introducing the reader to the varieties of modern CBT interventions. Recently, the field has begun moving toward reunification of a principle-driven but flexible CBT and Tolin's book is an important reflection of that important and badly needed reintegration. It is a perfect textbook for courses introducing evidence-based CBT techniques to new therapists, and an excellent resource for professionals who want a resource for broadening and honing their skills. • (The Behavior Therapist 2017-06-01) "Doing CBT is a contemporary introduction to the field that will serve the needs of a number of audiences. Those new to CBT or just beginning their psychological training will find the material, structure, and case examples provide a foundation to build upon. Practitioners who are looking to gather an understanding of CBT that they can integrate

into their current practices will find a clear clinical description accompanied by a plethora of exercises and tests for immediate use. Seasoned clinicians who are well versed in CBT logic and practice will find a resource that they can rely upon to refresh their thinking as well as an introductory guide into third-wave thinking. What makes Doing CBT valuable is not just its clinical and practical scope. Its commitment to science is evident throughout the book. Tolin's approach is to rely on the best available research to determine the most effective services. His therapy process is also evidence based. (PsycCRITIQUES 2017-05-01)

David F. Tolin, PhD, ABPP, is founder and director of the Anxiety Disorders Center/Center for Cognitive Behavioral Therapy at The Institute of Living-Hartford Hospital and Adjunct Professor of Psychiatry at the Yale University School of Medicine. The author of over 150 scientific journal articles, Dr. Tolin has served as a principal investigator and scientific reviewer for the National Institutes of Health since 2003. He is a past president of the Society of Clinical Psychology (Division 12) of the American Psychological Association and a recipient of awards for Distinguished Contribution to the Science of Psychology, Distinguished Contribution to the Practice of Psychology, and Distinguished Lifetime Contribution to Psychology from the Connecticut Psychological Association.

Invaluable Resource. The content was thorough and insightful. This book reads more like a novel than a textbook and is hard to put down. What sets this book apart for me is its use of a progress recording style to illustrate skills, allowing the reader to experience the therapeutic process. Initially I thought that I would try to find this book in the library but I am so pleased that I bought this one. I keep reviewing chapters, skills and using this reference to guide my study of CBT. It has proved an invaluable resource for me. I'm waiting for the sequel.

It is an excellent piece of knowledge, i am a clinical psychologist, i found this book is very helpful in my practice and well written.

nice

Arrived in great condition!

This text is like nothing I have ever read before. It presents information in an entertaining,

user-friendly way and is incredibly engaging. It is expertly written, founded in empirical research, and is an essential teaching tool for the CBT clinician at every level. Further, the case studies weaved throughout the text provide ample material for Tolin to provide his own case conceptualizations. This really emphasizes the clinical practicality of this text. 10 stars!

A wonderful overview of CBT principles, rationales, and techniques. Written with clarity, humor and free of pretension. I love this book.

This is a must-have book for anyone practicing, teaching, or supervising CBT. It is clear, accessible, and enjoyable to read, while also capturing the complexity and humanity of CBT for a range of clinical presentations.

Such a helpful book and very easy to read! Using is to help all my clients. I highly recommend this to anyone wanting to do CBT

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