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Collaborative Case Conceptualization: Working Effectively with Clients in Cognitive-Behavioral Therapy

By Willem Kuyken, Christine A. Padesky, Robert Dudley

Guilford Publications. Paperback. Book Condition: new. BRAND NEW, Collaborative Case Conceptualization: Working Effectively with Clients in Cognitive-Behavioral Therapy, Willem Kuyken, Christine A. Padesky, Robert Dudley, Presenting an innovative framework for tailoring cognitive-behavioral interventions to each client's needs, this accessible book is packed with practical pointers and sample dialogues. Step-by-step, the authors show how to collaborate with clients to develop and test conceptualizations that illuminate personal strengths as well as problems, and that deepen in explanatory power as treatment progresses. An extended case illustration demonstrates the three-stage conceptualization process over the entire course of therapy with a multiproblem client. The approach emphasizes building resilience and coping while decreasing psychological distress. Special features include self-assessment checklists and learning exercises to help therapists build their conceptualization skills.



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