



## The Case Formulation Approach to Cognitive-Behavior Therapy

---

By Jacqueline B. Persons PhD

Guilford Publications. Hardcover. Book Condition: New. Hardcover. 273 pages. This eagerly awaited book shows how skillful case formulation addresses a critical challenge in psychotherapy today: 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. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Hardcover.



**READ ONLINE**  
[ 1.28 MB ]

### Reviews

*It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.*

-- **Doyle Schmeler**

*This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Brennan Koelpin**