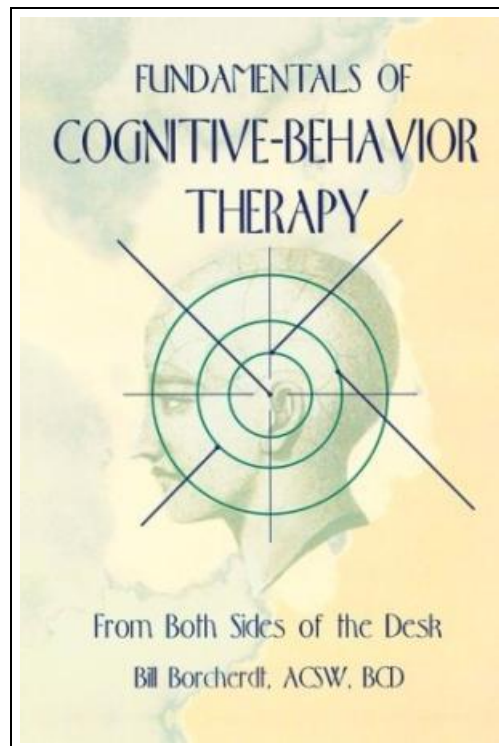


Fundamentals of Cognitive-Behavior Therapy: From Both Sides of the Desk (Paperback)



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Reviews

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(Annette Boyle)

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Taylor Francis Inc, United States, 2000. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A central premise of cognitive-behavior therapy is that individuals bring themselves to their emotions and behavior by how they think. Fundamentals of Cognitive-Behavior Therapy helps therapists and counselors address the important questions of cognitive-behavior therapy--what to ask, how to respond to difficult exchanges with clients, and why to make chosen responses--and helps them get at the cognitive base of clients emotional disturbances more quickly. The book is unique in that it presents more than a textbook approach to problemsolving; it provides a wealth of data and philosophy that enables clinicians to respond more helpfully to client problems. Readers of Fundamentals of Cognitive-Behavior Therapy learn what therapeutic questions to ask and what responses to give to psychotherapy clients common difficult questions and statements in ways that better contribute to the long-range happiness and survival of the client. This insightful book encourages therapists to help clients help themselves by showing therapists effective, detailed, responses that help clients answer their own questions and come to their own conclusions about why they react certain ways to specific situations. Among the 164 troublesome client questions and statements to which Borcherdt offers rational responses are: * But I don t feel like it. * I can t make a decision, because I don t know if it is the right one. * Why won t things work out for me? * I can t help it. * I have so many problems and feelings that I don t know where to begin dealing with them. * Why don t I change? Why do I keep goofing up? * Whose side are you on anyway? Through this detailed look at the therapist s role in heightening client awareness...

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