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An Introduction to Modern CBT: Psychological Solutions to Mental Health Problems

By Hofmann, Stefan G.

Wiley-Blackwell, 2011. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: An Introduction to Modern CBT by internationally known researcher and clinical psychologist Stefan Hofmann is exactly the right book for the busy clinician who wants to know the latest research, how it is relevant to clinical practice and what to do with patients who need help now. Written in a clear, compelling, and caring style, this book will be invaluable for graduate students interested in the application of empirically supported approaches - and for experienced clinicians who need to know the latest innovative CBT treatments. Each chapter provides a brief description of the disorder, relevant research findings, clear conceptualization of the problem, integrative CBT treatment drawing on the best practices available, and clinical case examples with helpful vignettes. This is a book that you will want to read - and use - on a regular basis. Hofmann is that unusual balance of scholar and clinician. You know from reading this book that his experience is with real people in the real world. - Robert L. Leahy, Director, American Institute of Cognitive Therapy, New York Instead of a detailed treatment manual or a long...



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