



Teaching and Supervising Cognitive Behavioral Therapy

By Donna M. Sudak, R. Trent Codd, Marci G. Fox, Leslie Sokol, John W. Ludgate

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Teaching and Supervising Cognitive Behavioral Therapy, Donna M. Sudak, R. Trent Codd, Marci G. Fox, Leslie Sokol, John W. Ludgate, A total CBT training solution, with practical strategies for improving educational outcomes. Teaching and Supervising Cognitive Behavioral Therapy is the first comprehensive package to provide empirically-validated CBT training and supervisory techniques. Applicable to a variety of behavioral health care disciplines, this multi-modal guide provides educators with the information and tools that can help improve educational outcomes. An examination of CBT developments over the past twenty years leads into a discussion of practical applications for improving CBT education, while addressing the technological advances that facilitate dissemination and the specific challenges posed to confidentiality and patient care. The digital component contains additional audio and video content, plus downloadable worksheets that reinforce and expand upon the strategies presented. Coverage includes advice geared specifically toward the most commonly-encountered problems, with video of training sessions that address issues like frustration with patients, disbelief in psychotherapy, dislike of the method, and lack of skills. Readers will gain insight into effective goal setting, and implement a structured approach to supervision. * Examine existing literature and research...



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