

Cognitive-behavioral group therapy for specific problems and populations

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Abstrak

This book offers step-by-step guidelines for developing and conducting group therapy for specific problems and populations using empirically supported cognitive-behavioral therapy, such as cognitive restructuring, mood monitoring, and in vivo exposure, as they can be applied to such clinical problems as anxiety, depression, and eating disorders and to such populations as older adults, Latinos, and parents. For each problem or population, a session-by-session description guides therapists in creating the most productive structure and process for change to occur. These flexible protocols include client selection criteria; group goals; assessment forms, thought records, and activity schedules; and ways of tailoring cognitive-behavioral methods for the specific problem or population. Examples of therapist-client dialogue and solutions for common problems that arise in session are included. (PsycINFO Database Record (c) 2004 APA, all rights reserved).