



Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners

Deborah Roth Ledley, Brian P. Marx, Richard G. Heimberg

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A highly practical guide for beginning therapists, this concise primer fills the gap between academic training and what newly-minted clinicians need to know for day-to-day work with clients. Illustrated are the "whats," "whens," and "how-tos" of the entire process of cognitive-behavioral therapy (CBT)--from intake, assessment, case conceptualization, and treatment planning, through conducting sessions, making the most of supervision, and termination. Interwoven with an extended case example is expert guidance on confidentiality, informed consent, recordkeeping, and report writing, and on managing relationship issues and common problems that arise in CBT. Invaluable appendices point the reader toward additional resources, including empirically supported treatment manuals, journals, and websites.

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