



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

By 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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Editorial Review

Review

"This book is an invaluable text for the clinician new to clinical work or new to cognitive behavior therapy (CBT). It assumes nothing and offers the basics of the CBT process. It then leads readers through each successive stage of developing skill and confidence in their ability as clinicians. Clearly written, useful, and filled with the tips and direction that comes from skilled practitioners, it makes the process of therapy understandable. I plan on adopting this volume as a text for my first year doctoral practicum students."-- Arthur Freeman, EdD, ABPP, Behavioral Science Book Service® Advisory Board Member

"Many young clinicians are quite knowledgeable about research and clinical treatment protocols--but less sure about how to be a clinician. This book fills an important gap in the professional development of new practitioners. The authors provide a detailed, step-by-step guide to how to practice cognitive-behavioral therapy in the real world. Readers will benefit immensely from the book's specific ideas about case conceptualization; sample patient-therapist exchanges; troubleshooting tips; and guidance for continuing to develop one's professional skills and identity. An invaluable resource."--Robert L. Leahy, PhD, Department of Psychiatry, Weill Medical College of Cornell University

"How timely that this book arrived on my desk as I was searching yet again for the right text for my course on cognitive and behavioral practice for second-year MSW students! This volume fits the bill in addressing many of the issues that challenge beginning clinicians in general, and social workers in particular, in learning CBT. The step-by-step approach, extended case examples, and sample dialogues make the text very appealing for trainees early in their careers. Similarly, the checklists of strategies and the diagrams of CBT models are easy for readers to use. I only wish this text had been available years ago."--Gail Steketee, MSW, PhD, Boston University School of Social Work

"I wish this book had been available when I was a young clinician!"--Jacqueline B. Persons, PhD, San Francisco Bay Area Center for Cognitive Therapy

About the Author

Deborah Roth Ledley, PhD, was Assistant Professor of Psychology in Psychiatry at the University of Pennsylvania School of Medicine, as well as a faculty member at the Center for the Treatment and Study of Anxiety, from 2001 to 2005. She is currently in private practice in the Philadelphia area. Dr. Ledley's scholarly publications include articles and book chapters on the nature and treatment of social phobia, obsessive/n-/ compulsive disorder, and other anxiety disorders. She is also coeditor of [i]Improving Outcomes and Preventing Relapse in Cognitive-Behavioral Therapy[/i].

Brian P. Marx, PhD, is Associate Professor of Psychology at Temple University. Dr. Marx has written extensively about understanding, predicting, and controlling the sequelae to psychological trauma. He has also written about therapeutic processes that are important for behavior change.

Richard G. Heimberg, PhD, is Professor of Psychology, Director of Clinical Training, and Director of the Adult Anxiety Clinic of Temple University. He is also past president of the Association for Advancement of Behavior Therapy. Dr. Heimberg is well known for his efforts to develop and evaluate cognitive-behavioral

treatments for social anxiety, and has published more than 250 articles and chapters on social anxiety, the anxiety disorders, and related topics. He is coeditor or coauthor of several books, including [i]Social Phobia: Diagnosis, Assessment, and Treatment[/i]; [i]Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach[/i]; [i]Generalized Anxiety Disorder: Advances in Research and Practice[/i]; and [i]Improving Outcomes and Preventing Relapse in Cognitive-Behavioral Therapy[/i].

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