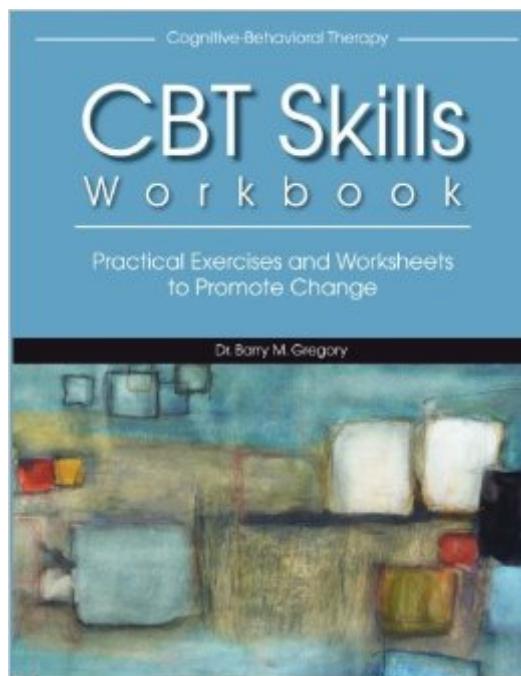


The book was found

# Cognitive-Behavioral Therapy Skills Workbook



## Synopsis

Cognitive-Behavioral Therapy (CBT) is the fastest-growing psychotherapy in the world today, largely because it has been clinically-tested and found effective for a broad range of psychiatric and psychological problems. CBT has strong clinical support from both clients and clinicians who like its collaborative process that uses practical tools and strategies for solving everyday problems. The challenge for many clinicians is finding practical ways to integrate empirically-supported therapies into everyday clinical practice with clients. While there are many outstanding books on the theory and practice of cognitive-behavioral therapies, the CBT Skills Workbook provides over 100 of the top hands-on practical worksheets and exercises to help clinicians integrate CBT into their practice. The exercises and worksheets are designed to provide powerful tools that can be used in individual or group sessions and as homework assignments. An effective way to use the workbook is to have clients complete the exercises and worksheets at home and then review them together in each session. Clients learn by doing, thus these exercises are intentionally designed to be short, sweet, and easy-to-complete. This workbook contains powerful, yet practical, tools and techniques to help mental health professionals provide clients with state-of-the-art evidence-based interventions for a broad range of addiction and mental health issues and concerns. The workbook is divided into four key sections that include practical exercises and worksheets focused on client motivation, beliefs, emotions, and behaviors. In a nutshell, it helps people learn how to feel better by changing what they think and do. With the explosive movement toward accountability and evidence-based treatments, the CBT Skills Workbook will help psychologists, mental health professionals, and social workers integrate evidence-based treatments and therapies into clinical practice. In short, the workbook provides an easy to follow directory of practical exercises and homework activities that are designed to help people learn ways to have the life they truly want and deserve.

## Book Information

Paperback: 136 pages

Publisher: Premier Publishing & Media; 1st edition (October 1, 2010)

Language: English

ISBN-10: 1936128020

ISBN-13: 978-1936128020

Product Dimensions: 8.5 x 0.3 x 11 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (42 customer reviews)

Best Sellers Rank: #62,754 in Books (See Top 100 in Books) #46 in Books > Medical Books > Psychology > Education & Training #144 in Books > Medical Books > Psychology > Counseling #164 in Books > Medical Books > Psychology > Clinical Psychology

## Customer Reviews

I was hoping to expand upon my resources for CBT by having more worksheets to use with clients during sessions. I was particularly hopeful that the book would contain worksheets aimed at complementing those that have long been available to psychotherapists by providing new twists on recognizing automatic thoughts and core beliefs, identifying patterns of problematic thinking, developing cognitive restructuring, etc. Instead, I found this workbook to contain the most basic of worksheets. Most of them comprise of a heading and five numbered lines for clients to list items. Anyone with MS Word could create such worksheets. Also, I found the overall design aesthetic of the worksheets to be unremarkable - and not something I would ask high functioning adult clients to use. Again, anyone with MS Word could come up with something just as good. Perhaps this workbook could be useful for a new clinician who has no other CBT worksheet resources and who works primarily with young teenagers. That's the best I can say. The truth is, however, that better CBT worksheets are available for free via the web or via purchase of better books at the same price. Finally, on the back of the book is the PESI logo. Had I known this book was published in conjunction with PESI training workshops, I would not have bought it. Personally, I find that PESI workshops at best only provide basic level trainings (no matter how they are advertised) and generally involve a trainer trying to sell a product. Buyer beware on this item!

I have worked in the Substance abuse/Mental health field for over 27 years. As a treatment center owner, therapist and clinical director I have had the opportunity to work with all types of clients. After reading and working with the CBT Skills workbook, I find it to be an invaluable tool to assist my work with the populations I work with. I want to personally recommend the CBT Skills Workbook for use with clients in treatment centers. I have used the workbook as an adjunct to treatment to ensure that my clients learn important cognitive and behavioral skills to address problems with motivation, depression, anxiety, and addiction. Clients like the short and easy to complete nature of the exercises while at the same time learning about important new skills.

The workbook could be better because the exercises are just to give only ideas or a topic. I could say it could be used as an ice breaker because doesn't have details. The counselor or facilitator

have to enhance the group with his/her personal knowledge on CBT approach. In other words is very basic but has a few exercises that could be helpful. I could recommend if you work with addicts to use Addiction Treatment Homework Planner very good more expensive but useful. Other book that could be helpful to read to apply the information with this workbook is "Cognitive Therapy of Substance Abuse" by Beck, Wright, Newman & Liese.

As a therapist, I focus heavily on MI & CBT. This book is perfect for all of my clients regardless of whether they are low and high functioning, I would recommend this book to any therapist. You can definitely use it with kids and its just as versatile for adults. Great book!

What I liked about the book is the simplicity of the forms. When working with a diverse population these forms will help clients begin to work on their problems right away. There is no need for hours of preparation by the counselor in helping the client understand CBT principles before attempting to apply them. The forms may not appear to be very sophisticated but they are an excellent starting point for more in depth work.

A lot of pages are repetitions of worksheets just on different topics. I'm not a fan of that, because it's easy enough to replace the word "anxiety" with "depression." I don't need a whole separate worksheet to show me that. I wish there was more diversity in worksheets/activities offered in the book.

great book for therapy homework. straightforward and easy for the clients to understand. easy to use in groups for process.

Excellent for my group sessions. The material is easy to employ in sessions and I like the exercises to do. It is all common sense practical teachings.

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