



# Doing CBT: A Comprehensive Guide to Working with Behaviors, Thoughts, and Emotions

*David F. Tolin PhD*

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**Doing CBT: A Comprehensive Guide to Working with Behaviors, Thoughts, and Emotions** David F. Tolin PhD

This accessible text and practitioner resource provides a complete introduction to the art and science of cognitive-behavioral therapy (CBT). In a witty, straight-talking style, David F. Tolin explains core concepts and presents effective techniques for addressing the behavioral, cognitive, and emotional elements of psychological problems. Vivid examples of several clients are followed throughout the book, which concludes with three chapter-length case illustrations. Readers gain essential skills for conceptualizing a case, planning treatment, and conducting therapy, from intake to termination. Reproducible forms and worksheets are included; purchasers get access to a Web page where they can download and print all 39 reproducible tools in a convenient 8 1/2" x 11" size.

## Pedagogical Features

- \*Numerous engaging sidebars: Try This, The Science Behind It, Adapting the Process, and more.
- \*End-of-chapter Personal Target Worksheets that enable self-practice of core CBT skills.
- \*Quick-reference definitions of key terms.

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