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10-Minute CBT: Integrating Cognitive-Behavioral Strategies Into Your Practice

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It is well-established that cognitive-behavioral therapy (CBT) is a rich and effective tool for treating a range of anxiety and mood disorders and behavioral disturbances. Most clinicians, however, have not been formally trained in how to administer CBT, and integrating one of the many available manuals detailing week-by-week protocols into their individual clinical practices is a daunting task. Whether brief interventions are desired for use in medication visits or whether key elements of CBT are needed for use in an eclectic treatment practice, clear instruction is needed on how to improve patient outcomes by adapting key components of cognitive-behavioral interventions. 10-Minute CBT provides such guidance with a clear and straightforward account of the principles of CBT that fit into the realities of current practice for clinicians from any interventional perspective. Instead of offering a full regimented program of treatment, this book provides the philosophy and elements of CBT so that select targeted interventions can be integrated into alrea

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Andrew Joy:

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