1. Record Nr. UNINA9910163872503321 Autore Temple Scott <1948-, > Titolo Brief cognitive behavior therapy for cancer patients: re-visioning the CBT paradigm / / Scott Temple New York, N.Y.:,: Routledge,, 2017 Pubbl/distr/stampa **ISBN** 1-317-36808-8 1-315-67076-3 1-317-36809-6 Edizione [1st ed.] Descrizione fisica 1 online resource (232 pages) Disciplina 616.89/1425 616.891425 Soggetti Cognitive therapy Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Nota di bibliografia Includes bibliographical references and index. Nota di contenuto pt. 1. Theory and research -- pt. 2. Clinical applications. Sommario/riassunto Brief Cognitive Behavior Therapy for Cancer Patients is a practical. clinical guide that allows for the integration of techniques from multiple newer CBT models, organized around a clear conceptual foundation and case conceptualization. The book targets those cognitive, emotional, and behavioral processes that research suggests are instrumental in the maintenance of human psychological suffering. Author Scott Temple also draws on newer models that build on strengths and resilience and brings clinical work to life through vivid case examples, worksheets, and case conceptualization forms. Detailed vignettes show clinicians how to create a case conceptualization as a guide to treatment, as well as how to integrate Beckian and newer CBT techniques.