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Sommario/riassunto

"A total CBT training solution, with practical strategies for improving educational outcomes. Teaching and Supervising Cognitive Behavioral Therapy is the first comprehensive package to provide empirically-

validated CBT training and supervisory techniques. Applicable to a variety of behavioral health care disciplines, this multi-modal guide provides educators with the information and tools that can help improve educational outcomes. An examination of CBT developments over the past twenty years leads into a discussion of practical applications for improving CBT education, while addressing the technological advances that facilitate dissemination and the specific challenges posed to confidentiality and patient care. The digital component contains additional audio and video content, plus downloadable worksheets that reinforce and expand upon the strategies presented. Coverage includes advice geared specifically toward the most commonly-encountered problems, with video of training sessions that address issues like frustration with patients, disbelief in psychotherapy, dislike of the method, and lack of skills. Readers will gain insight into effective goal setting, and implement a structured approach to supervision. Examine existing literature and research on training, supervision, and evaluation   Integrate theory with practical strategies to improve learning outcomes   Customize training approaches to specifically suit different professional groups   Fit the methods to the environment, including workshops, webinars, and podcasts   Mental health professionals who favor an empirically-based approach to therapy will appreciate the effectiveness of an empirically-based approach to pedagogy. Backed by over two decades of CBT research and the insight of leading CBT experts, Teaching and Supervising Cognitive Behavioral Therapy provides trainers with the tools and information they need to improve therapist educational outcomes"--

"Teaching and Supervising Cognitive Behavior Therapy reviews the developments in CBT over the past twenty years and integrates this research and literature into effective teaching and supervising CBT strategies for a wide-variety of professional groups. The authors join their knowledge with practical strategies to improve CBT education for mental health professionals. The text will address technological advances that facilitate dissemination and supervision along with specific challenges that such advances pose regarding confidentiality and patient care. The digital training component will contain audio content, video content, and downloadable worksheets to reinforce and expand upon strategies for teaching and supervising CBT. For example, there will be video of one-on-one training of supervisee, 60 minutes total, in six segments: - Goal Setting and Supervision Structure - Trainee Doesn't Have Skills - Trainee Frustrated by Complicated Patients - Trainee Doesn't Believe in Psychotherapy - Damage to Therapeutic Alliance - CBT Seems Superficial to Trainee"--