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Nota di contenuto	Foreword / by David Clark -- Introduction / by Stefan G. Hofmann and Mark A. Reinecke -- Cognitive therapy for depression / David J.A. Dazois and Peter J. Bieling -- Bipolar disorder / Amanda W. Calkins, Bridget A. Hearon, and Michael W. Otto -- Generalized anxiety disorder / Adrian Wells and Peter Fisher -- Social anxiety disorder / Tejal A. Jakatdar and Richard G. Heimberg -- Specific phobia / Naomi Koerner, Jenny Rogojanski, and Martin M. Antony -- Panic disorder and agoraphobia / Jason M. Prenoveau and Michelle G. Craske -- Obsessive-compulsive disorder / Maureen L. Whittal and Melisa Robichaud -- Post-traumatic stress disorder / Tiffany Fuse, Kristalyn Salters-Pedneault, and Brett T. Litz -- Eating disorders / Zafra Cooper

and Christopher G. Fairburn -- Schizophrenia and psychotic disorders /
Sandra Bucci and Nicholas Tarrrier -- Body dysmorphic disorder /
Jennifer Ragan ... [et al.] -- Mindfulness in cognitive-behavioral therapy
/ Lawrence D. Needleman and Cynthia Cushman.

Sommario/riassunto

Cognitive-behavioral therapy has developed hugely over the past 30 years and is the branch of psychotherapy which has most successfully transferred into the mainstream of treating mental health problems. In this volume, readers will be provided with an integrated, systematic approach for conceptualizing and treating disorders commonly encountered in clinical practice. A strong emphasis is placed on empirically supported approaches to assessment and intervention while offering readers hands-on recommendations for treating common mental disorders, grounded in evidence-based medicine. Practical chapters written by a variety of international experts include numerous case studies demonstrating the specific techniques and addressing common problems encountered and how to overcome them. Cognitive-behavioral Therapy with Adults is an essential guide for practising clinicians and students of cognitive-behavioral therapy as well as educated consumers and those interested in psychotherapy for common mental disorders.
