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peer modeling; Imparting of information; Altruism
Group cohesiveness
Existential factors; Catharsis; Interpersonal learning and new ways of socializing; Experiencing the group as similar to one's family of origin; Group process research and CBGT application; Scott's General Group Therapeutic Skills Rating Scale; Summary; Note; Recommended Readings for Clinicians; References; Chapter 3
Effectiveness of CBGT Compared to Individual CBT: Research Review; Depression; Social Anxiety Disorder (SAD); Obsessive-Compulsive Disorder (OCD); Generalized Anxiety Disorder (GAD); Panic Disorder; Posttraumatic Stress Disorder (PTSD); Addictions; Psychosis
Hoarding
Language and Culture; What to Take Away from the Research Findings; Summary; References; Chapter 4 CBGT for Depression: Psychoeducation and Behavioral Interventions; The Diagnoses of Depression; Treatment Protocols Informed by Beck's Cognitive Model of Depression; An Example of a CBGT Depression Protocol; Psychoeducation; Behavioral Interventions; Focus on Emotions in Preparation for the Thought Records; Capitalizing on the Group in CBGT for Depression; Summary; Notes; Recommended Readings for Clinicians; References
Chapter 5 CBGT for Depression: Cognitive Interventions and Relapse Prevention
The Thought Record in a Group; Other Cognitive Interventions; Testing assumptions; Testing core beliefs; Behavioral experiments; CBGT Psychodrama; Relapse Prevention; Mindfulness-Based Cognitive Therapy (MBCT); Summary; Note; Recommended Readings for Clinicians; References; Part 2 Challenges of Cognitive Behavioral Group Therapy; Chapter 6 How to "Sell" CBGT, Prevent Dropouts, and Evaluate Outcomes; Drawing People into CBGT; Preparing Clients for CBGT; Individual pregroup orientation; Group pregroup orientation
Rapid access group orientation

Sommario/riassunto

With coverage of the latest theory and research, this is a complete guide to implementing cognitive behavioral group therapy for practitioners and trainees in a range of mental health disciplines. Presents evidence-based protocols for depression, panic, social anxiety, generalized anxiety, posttraumatic stress, OCD, compulsive hoarding, psychosis, and addiction. Provides innovative solutions for achieving efficient, effective therapy as mandated by emerging health care priorities, as well as trouble-shoots for common problems such as dropouts. Details unique strategies for working with ethnic
