

1. Record Nr.	UNINA9910794794303321
Autore	Riggenbach Jeff
Titolo	The CBT Toolbox, Second Edition : 185 Tools to Manage Anxiety, Depression, Anger, Behaviors and Stress
Pubbl/distr/stampa	Eau Claire, WI : , : PESI, , 2021 ©2021
ISBN	1-68373-280-4
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (370 pages)
Disciplina	616.891425
Soggetti	Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover -- Copyright -- About the Author -- Table of Contents -- Introduction -- How To Use This Workbook -- 1: Basic Tenets, Core Competencies, New Trends -- Chapter 1: CBT 101 -- Chapter 2: Cognitive Conceptualization -- Chapter 3: Goal Setting -- Chapter 4: Acceptance, Mindfulness, Motivational Interviewing, and Other New Trends -- 2: CBT for Issues of Clinical Concern -- Chapter 5: Depression -- Chapter 6: Anxiety -- Chapter 7: Anger -- Chapter 8: Addictive Behaviors and Bad Habits -- Chapter 9: Resilience and Relapse Prevention -- 3: Adapting CBT for Different Settings -- Chapter 10: Time Management -- Chapter 11: Performance and Self-Esteem -- Chapter 12: Stress Management -- Chapter 13: Dealing with Difficult People -- Chapter 14: Belief-Based Communication -- References.
Sommario/riassunto	Designed for mental health clinicians, coaches, and clients alike, The CBT Toolbox is a go-to resource for addressing unhelpful thinking patterns and implementing practical, proven, action steps to achieve goals and live life more intentionally.