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Altri autori (Persone)	NezuChristine M LombardoElizabeth
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Lingua di pubblicazione	Inglese
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	One size does not fit all : the cognitive-behavior therapist as problem solver -- Applying the problem-solving model to cognitive-behavioral case formulation -- Applying the problem-solving model to cognitive-behavioral treatment design -- How to use this outpatient treatment guidebook -- Depression -- Specific phobia -- Panic disorder and agoraphobia -- Generalized anxiety -- Social anxiety -- Obsessive-compulsive disorder -- Posttraumatic stress disorder -- Borderline personality disorder -- Male erectile disorder -- Couple distress -- Anger problems.
Sommario/riassunto	This user-friendly guide will help the clinician develop Cognitive-Behavioral treatment plans for 11 common psychological disorders (e. g., major depressive disorder, generalized anxiety, borderline personality disorder, anger problems). Based on a problem-solving model and empirical literature, the authors focus on two major clinical tasks involved in this process: case formulation and treatment design. They delineate short-term goals, long-term goals, treatment targets,

and potential interventions. Appendices include ""quick guides to CBT treatment planning"" for the 11 disorders and selected
