



# Cognitive Therapy for Suicidal Patients: Scientific and Clinical Applications

*Amy Wenzel, Gregory K. Brown, Aaron T., M.D. Beck*

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Suicide is one of the most daunting challenges that clinicians encounter in their practice. Unfortunately, compared with other mental health issues, there is a paucity of research designed to conceptualize and treat it. This may be why relatively few interventions have been developed specifically to prevent suicide. At the same time, the degree to which interventions with established efficacy apply to suicidal patients is unclear, because these patients are often excluded from clinical trials. "Cognitive Therapy for Suicidal Patients: Scientific and Clinical Applications" begins to close these gaps in suicide theory and practice. For over 30 years, Aaron T. Beck and his colleagues at the University of Pennsylvania have been conducting empirical research that examines the risk factors for and treatment of suicide ideators and attempters. The result is a book that crystallizes over three decades of basic, clinical, and therapeutic research, providing a comprehensive review of the literature on psychological factors associated with suicidal behavior. The authors describe their cognitive model of suicide, the instruments they developed to assess theoretically and clinically relevant suicide constructs, and their cognitive intervention for suicidal individuals. The book includes a step-by-step protocol for cognitive therapy with these patients and an extended case study brings these concepts to life. Applications of the protocol with special populations and methods for overcoming challenges when working with suicidal patients are also suggested.

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