



Handbook of Cognitive-Behavioral Therapies, Third Edition

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This acclaimed text and practitioner reference presents an authoritative overview of major models of cognitive-behavioral therapy (CBT). Foremost treatment developers explain core CBT principles and provide a framework for systematic assessment, case conceptualization, and treatment planning. Scholarly yet accessible chapters on each therapy detail what makes the approach unique, which clinical problems it is used to treat, what assessment and intervention tools have been developed, how they are implemented, and what the research reveals about the therapy's effectiveness. Special topics include working with children and adolescents, couples, and culturally diverse clients. The *Handbook* has been widely adopted in training programs, and the revisions in this edition reinforce its value as a text.

New to This Edition

- * The latest findings and clinical advances.
- * Additional therapies: schema therapy and mindfulness- and acceptance-based interventions.
- * Chapter on the empirical evidence base for CBT.
- * Chapters on treatment of couples and culturally diverse clients.

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