



Cognitive Therapy for Challenging Problems: What to Do When the Basics Don't Work

Judith S. Beck PhD

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This groundbreaking book from Judith S. Beck addresses what to do when a patient is not making progress. Provided is practical, step-by-step guidance on conceptualizing and solving frequently encountered problems, whether in developing and maintaining the therapeutic alliance or in accomplishing specific therapeutic tasks. While the framework presented is applicable to a range of challenging clinical situations, particular attention is given to modifying the longstanding distorted beliefs and dysfunctional behavioral strategies of people with personality disorders. Helpful appendices include a reproducible assessment tool, the Personality Belief Questionnaire.

See also Dr. Beck's *Cognitive Behavior Therapy, Second Edition: Basics and Beyond*, the leading text for students and practicing therapists who want to learn the fundamentals of CBT.

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