Theories of Behavior Therapy
William O'Donohue 1999-07-01 "Theories of Behavior Therapy" covers the spectrum of major theories of behavior therapy, from the earliest psychodynamic and biological perspectives to contemporary cognitive-behavioral and other approaches. The book's authors provide a balance between the scientific and humanistic aspects of behavior therapy, and discuss the implications for clinical practice.

General Principles and Empirically Supported Techniques of Cognitive Behavior Therapy
William T. O'Donohue 2002-04-01 "General Principles and Empirically Supported Techniques of Cognitive Behavior Therapy" is a comprehensive and well-organized resource for cognitive-behavioral therapists. The book uses a user-friendly, easy-to-navigate format and is highly readable, making it ideal for both classroom use and self-study.

Encyclopedia of Behavior Modification and Cognitive Behavior Therapy
Michael Hersen 2005-01-01 The three-volume Encyclopedia of Behavior Modification and Cognitive Behavior Therapy provides a thorough examination of the components of behavior modification, the role of cognitive and behavioral intervention, and the applications of behavior analysis for both child and adult populations in a variety of settings. Although the focus is on techniques and models, the encyclopedia also takes care to discuss the underlying theory and assumptions that guide these techniques. The first volume covers general properties and features of behavior therapy, including the role of learning, the effects of reward and punishment, and the role of social and environmental factors. The second volume focuses on specific behavior therapy techniques, including systematic desensitization, habit reversal, and behavior management. The third volume is devoted to behavior therapy and applied behavior analysis in specific settings and populations, such as schools, hospitals, and communities.

Behavior Therapy for Children and Adolescents
Thomas W. Treadwell 2020-11-20 This workbook is designed to introduce students to behavior therapy (BT) as a systematic approach to modifying behaviors. The book provides a comprehensive overview of the various techniques and strategies used in BT, and includes practical exercises and case studies to help students apply these techniques in real-world situations.

Working with Emotion in Cognitive-Behavioral Therapy
Nathaniel C. Thoma 2014-10-20 Working actively with emotions in a cognitive-behavioral therapy has not been part of the historical roots of the therapy, yet has been shown to be very effective in much of the work on cognitive-behavioral therapy (CBT). This state-of-the-art volume brings together authors who describe ways to enrich therapy and achieve more robust outcomes that go beyond symptom reduction. Highlighting empirical approaches that are grounded in evidence, the book demonstrates clinical applications with real case material. Coverage includes mindfulness- and acceptance-based strategies for working with emotions, symptom and cognition in depression, and neurobiological research on emotional dysregulation.

Motivational Cognitive Behavioural Therapy
Dr. Robert O'C. Plomin 2021-06-01 This book introduces the reader to the theory and practice of motivational cognitive behavioral therapy (MCBT), a treatment approach that has been shown to be effective in a wide range of clinical settings. The book provides a comprehensive overview of the key concepts and techniques of MCBT, as well as practical guidance for implementing this approach in clinical practice.

Introduction to Family Therapy and Systems
June Blumenthal Green 2003 This book traces the development of family and systems therapy in various theoretical frameworks and contexts in the United States. The philosophy of the book seeks to encourage students to consider themselves as part of the systems with which they work, and to respect their own strengths and personal values even as they encourage clients to do the same. The theme of this book points out that although each theory that it discusses has its own value for working with families, some are more or less effective for specific populations, cultures, and issues. This book emphasizes "big picture" frameworks to conceptualize how major theories of counseling and psychotherapy operate and compare. This innovative text presents theories through a "paradigm" framework: the organic, medical, psychological, systemic/relational, and cultural paradigms. The book is designed to connect paradigms and research methods to increase therapists' understanding of the paradigms, and to reinforce learning with the inclusion of learning objectives, chapter summaries, applications of each theory in practice, and a section at the end of each chapter that focuses on specific professions. The authors of this book believe this text is a state-of-the-art introduction to contemporary approaches in counseling and psychotherapy for students in counseling, social work, professional psychology, marriage and family therapy, and related professions. Key Features: Organized by a contemporary, "big picture" framework—paradigms. Theories are explained in the context of their development. Entries on assessment, ethical concerns, theoretical differences, and the foundational competencies.
Exploring Feelings—Tony Attwood 2004 Winner of a 2008 Teachers’ Choice Award! Anxiety can be debilitating, but it can be especially confusing for a child. Learning about emotions helps children recognize connections between thinking and feeling, and helps them identify the physiological effects of anxiety on the body (sweating, increased heart rate, crying, etc.). This book provides a guide for caregivers and then the workbook section allows children to identify situations that make them anxious and learn how to pervade the situation differently. Helpful topics include: Overview of the Exploring Feelings Program (Introduction to Cognitive Behavior Therapy Modifications to Conventional Cognitive Behavior Therapy Affective Education Cognitive Restructuring Comic Strip Constructions The Emotional Toolsbook Additional Tools for the Toolbox Social Stories Research Evidence on the Effectiveness of Exploring Feelings


Creating Performing Organizations—Bosejold Patterson 2013-01-14 Written within the context of Indian business, this book examines the necessary parameters for creating performance organizations in a era of globalization.

Stress Management—Stephen M. Auerbach 1998 Providing a solid basis for further study in stress management, Auerbach and Gramling focus on the framework necessary for the development and application of a wide range of stress management procedures. The relationship between stress and illness is traced throughout the text, thus providing a context in which to use these procedures. This text is especially helpful in offering students the opportunity to learn how to apply stress management techniques to their own lives with detailed explanations of how these techniques can be applied. It has been designed to be used together with the author’s companion skills-training workbook which teaches how and when to use particular interventions to deal with specific stress-related problems, and how to monitor the effectiveness of these interventions.

Self-directed Behavior—David L. Watson 2002 “This book is designed to acquaint you with a general theory of behavior, to guide you through exercises for developing self in self-analysis, and to provide you with the concrete information on how to achieve the goals you hold for yourself. The most important goal of this volume is to help you achieve more self-determination, more *willpower,* and more control over your own life.”—From preface.

Crisis Intervention Strategies for School-based Helpers—Thomas N. Fairchild 1997

Encyclopedia of Stress—Frank J. McGuire 1999 For those individuals who endure the symptoms of stress in their daily lives, this book serves as an essential tool of diagnosis and treatment, helping readers pinpoint a medical link to their psychological and/or physical distress, and suggests how they can help themselves. Packed with information about the symptoms, causes, and remedies for stress, this book will serve both as a beacon for those who suffer from stress and as a key reference for those in helping roles. Stress is commonly accepted as the "twentieth century disease." From scatica to ulcers to eating disorders, from mild depression to major anxiety problems, stress-related disorders afflict millions of people every day, and statistics prove that they are rising at a rapid pace. Entries on stress-related topics from A to Y. Anyone with a need to understand common disorders related to stress.

Choice Theory—William Glasser. M.D. 2010-11-16 Dr. William Glasser offers a new psychology that, if practiced, could reverse our widespread inability to get along with one another, an inability that is the source of almost all unhappiness. For progress in human relationships, he explains that we must get up off the punishing, relationship-deestroying external control psychology. For example, if you are in an unhappy relationship right now, he proposes that one or both of you could be using external control psychology on the other. He goes further. And suggests that misery is always related to a current unsatisfying relationship. Contrary to what you may believe, your troubles are always now, never in the past. No one can change what happened yesterday.

Maternal Expressed Emotion, Child Behavior Problems, and the Child’s Sense of Coherence—Shizuka Shihabuko 2010

The Behavior Therapist—2005

Theories of Counseling and Psychotherapy—Elsie Jones-Smith 2014-10-23 This breakthrough edition of Theories of Counseling and Psychotherapy: An Integrative Approach, by Elsie Jones-Smith, sets a new standard in counseling theory books. The Second Edition goes beyond expert coverage of traditional and social constructionist theories with coverage of the many practical, everyday approaches to psychotherapy, including individual chapters on spirituality and psychotherapy, strengths-based therapy, neuropsychotherapy, motivational interviewing, and the expressive arts therapies. In every chapter, the case study of a pseudonymous boy demonstrates how each theory can be applied in psychotherapy. Up to date and easy to read, the book engages readers with inner reflection questions that help them apply the theories to the lives of their clients and shows them how to develop their own integrative approach to psychotherapy.

Pain Management Psychotherapy—Bruce N. Eimer 1998-02-23 Pain Management Psychotherapy is the most up-to-date comprehensive guide available for the psychological treatment of chronic pain. It addresses the behavioral, emotional, sensory-physiological, cognitive, and interpersonal aspects of pain problems and provides accessible technical knowledge that enables practitioners to alleviate unnecessary pain and suffering. Based on sound research and theory and written by two leading practitioners, this book introduces a short-term therapy model for treating chronic pain that integrates clinical techniques drawn from cognitive therapy, hypnotherapy, behavior therapy, and desensitization therapies.

Handbook of Comparative Interventions for Adult Disorders—Michel Hersen 1999-08-01 Handbook of Comparative Interventions for Adult Disorders Second Edition A recognized leader in the field of psychology, this Second Edition looks at psychological, behavioral, and pharmacological approaches to the most common psychotic disorders, with a comparison of techniques, theoretical differences, treatment strategies, and case-handling procedures. Along with a comprehensive focus on DSM-IV and a new subsection on prescriptive treatment and managed care, the Second Edition offers the first comparative review of different approaches to specific mental disorders by leading scholars and represents the most current thinking in the field on disorders and treatment, including:* Dynamic psychotherapy * Behavior therapy * Cognitive-behavior therapy * Social skills training * Interpersonal psychotherapy * Family network therapy * Borderline personality disorder * Obsessive-compulsive disorder * Alcoholism * Depression * Psychotropic stress disorder * Panic and agoraphobia * Anorexia and bulimia

Theories of Counseling and Psychotherapy—Linda Seligman 2010 Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills categorizes theories by their focus (background; emotions and sensations; thoughts; or actions). This structure helps students better understand similarities and differences among theories and provides an overarching framework that other texts lack. The book establishes an integrated and emerging treatment systems. Using skill development sections, diverse case studies and innovative exercises, the text moves beyond traditional tools to directly connect counseling theories to clinical practice. It reflects current knowledge about effective treatment, theories and interventions, and continually promotes readers’ skill development and confidence. By the end of the text, readers will have an introduction to the theoretical foundations of the field and the basic clinical skills needed to be an effective helping professional.

Psychology—Wayne Weiten 2003 Since the First Edition of this book appeared, professors have praised its visual presentation of concepts, accessible writing style, and solid research-based scholarship. PSYCHOLOGY: THEMES AND VARIATIONS is about the ideas and concepts behind the research studies. His straightforward style gets students to contemplate open-ended questions, examine their assumptions, and apply psychological concepts to their own lives. Wayne Weiten surveys psychology’s broad range of content. Each chapter aims to eliminate the process of research and its intrinsic relationship to application; to show both the unity and diversity of the subject, and to invite students to the study of psychology by respecting their ability to master its fundamental concepts. Integrative themes— including empiricism, theoretical diversity, sociocultural contexts, multiculturalism, cultural heritage, adversity and environment, and subjectivity of experience—are woven throughout the text to provide connections among the different areas of research in psychology. The book’s dynamic, teaching-oriented illustration program further enhances these themes. Weiten reinforces concepts through exercises that appear at the end of every chapter. At the same time, the author presents topics in a hierarchical manner, giving students handles they can use to prioritize concepts within the chapter.

The Relation Between Potential Discipline Practices, Gender, and Children’s Overt and Relational Aggression—Stephanie Kay Mke Neil 2016

Cognitive-behavioral Therapy for Refractory Cases—Derek Trautman 2010 Through exploratory reflection, this book will help you find a theory that is compatible with your own worldview and will encourage you to be a more effective therapist by adapting it to honor the worldviews of your clients. By understanding your values and those of their culture, their field, emphasizing the commonality of actions between drugs of abuse rather than discussing addictive specific mental disorders by leading scholars and represents the most current thinking in the field on disorders and treatment, including:* Dynamic psychotherapy * Behavior therapy * Cognitive-behavior therapy * Social skills training * Interpersonal psychotherapy * Family network therapy * Borderline personality disorder * Obsessive-compulsive disorder * Alcoholism * Depression * Psychotropic stress disorder * Panic and agoraphobia * Anorexia and bulimia