Cognitive Behavioral Group Therapy: Challenges and Opportunities

Ingrid Sochting

Paperback  ISBN: 978-1-118-51034-6  September 2014  $64.50
Hardcover  ISBN: 978-1-118-51035-3  September 2014  $123.75

DESCRIPTION

With coverage of the latest theory and research, this is a complete guide to implementing cognitive behavioral group therapy for practitioners and trainees in a range of mental health disciplines.

- Presents evidence-based protocols for depression, panic, social anxiety, generalized anxiety, posttraumatic stress, OCD, compulsive hoarding, psychosis, and addiction
- Provides innovative solutions for achieving efficient, effective therapy as mandated by emerging health care priorities, as well as trouble-shoots for common problems such as dropouts
- Details unique strategies for working with ethnic minorities and clients across the age spectrum, along with material on mindfulness augmentation and transdiagnostic approaches
- Includes clear, accessible instructions, complete with references to DSM-5 diagnostic changes, real-life clinical examples, and group session transcripts
ABOUT THE AUTHOR

Ingrid Söchting is Chief Psychologist in an outpatient mental health program and Clinical Assistant Professor in the Department of Psychiatry at the University of British Columbia. She has been instrumental in developing CBT group therapy programs for depression, OCD, panic disorder, social anxiety, and PTSD, as well as interpersonal therapy (IPT) groups for later life depression. She supervises and teaches CBT and IPT to psychology and psychiatry residents, and is co-director of the Richmond Psychotherapy Training Program. She has also published over 25 peer-reviewed journal articles and book chapters in the field; and is a Canadian certified CBT therapist and a Certified Group Therapist of the American Group Psychotherapy Association.

For additional product details, please visit https://www.wiley.com/en-us