



An Introduction to Modern CBT: Psychological Solutions to Mental Health Problems

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DESCRIPTION

An Introduction to Modern CBT provides an easily accessible introduction to modern theoretical cognitive behavioral therapy models. The text outlines the different techniques, their success in improving specific psychiatric disorders, and important new developments in the field.

- Provides an easy-to-read introduction into modern Cognitive Behavioral Therapy approaches with specific case examples and hands-on treatment techniques
- Discusses the theoretical models of CBT, outlines the different techniques that have been shown to be successful in improving specific psychiatric disorders, and describes important new developments in the field
- Offers useful guidance for therapists in training and is an invaluable reference tool for experienced clinicians

ABOUT THE AUTHOR

Stefan G. Hofmann, Ph.D. is Professor of Psychology and the Director of the Psychotherapy and Emotion Research Laboratory at Boston University. He has been a Board Member of the Academy of Cognitive Therapy and is an advisor to the DSM-V Development Process. He is the author of more than 170 peer-reviewed journal articles and book chapters, and has published

seven books. His primary research interests focus on treatment research for which he has received many research awards. In addition to lecturing clinicians world-wide in cognitive behavioral therapy, he is a licensed psychologist and has a private practice.

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