



Cognitive-Behavioral Therapy for PTSD, Second Edition: A Case Formulation Approach

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Product Description

Acclaimed for providing a flexible framework for individualized treatment of posttraumatic stress disorder (PTSD), this empathic guide has now been revised and expanded with 50% new material. The authors show how the case formulation approach enables the practitioner to adapt CBT for clients with different trauma histories, co-occurring problems, and complicating life circumstances. Vivid clinical material illustrates the implementation of exposure therapy, cognitive restructuring, and supplemental interventions, with ample attention to overcoming common obstacles. Purchasers get access to a Web page where they can download and print the book's 22 reproducible handouts in a convenient 8 1/2 x 11 size. New to This Edition *Chapters on evidence-based practice and emotion regulation. *Significantly revised chapter on supplemental treatment tools, with new discussion of anger management. *Advances in theory and practice of exposure therapy. *Increased attention to multicultural issues in treatment. *Updated throughout with current treatment research and DSM-5 diagnostic changes.