



# Evidence-Based Practice of Cognitive-Behavioral Therapy, Second Edition

*Deborah Dobson PhD, Keith S. Dobson PhD*

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**Evidence-Based Practice of Cognitive-Behavioral Therapy, Second Edition** Deborah Dobson PhD, Keith S. Dobson PhD

Synthesizing the evidence base for cognitive-behavioral therapy (CBT) and translating it into practical clinical guidelines, this book has enhanced the knowledge and skills of thousands of therapists and students. The authors--an experienced clinician and a prominent psychotherapy researcher--discuss how to implement core CBT techniques, why and how they work, and what to do when faced with gaps in scientific knowledge. Vivid case examples illustrate what evidence-based strategies look like in action with real-world clients who may have multiple presenting problems. The authors also separate CBT myths from facts and discuss ways to manage common treatment challenges.

## New to This Edition

- \*Revised throughout to incorporate the latest research, including key meta-analytic studies.
- \*Chapters on clinical techniques have been restructured to be more concise and digestible.
- \*New content on sleep difficulties, reducing avoidance, and motivational interviewing.
- \*A new extended case example runs throughout the book.

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