



## Experiencing CBT from the inside out : a self-practice/self-reflection workbook for therapists

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- Available Online: View e-Book
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Experiencing cognitive behaviour therapy from the inside out
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- Abstract: Engaging and authoritative, this unique workbook enables therapists to build technical savvy in contemporary CBT interventions while deepening their self-awareness and therapeutic relationship skills. Self-practice/self-reflection (SP/SR), an evidence-based training strategy, is presented in 12 carefully sequenced modules.
- Therapists are guided to enhance their skills by identifying, formulating, and addressing a professional or personal problem using CBT, and reflecting on the experience. The book's large-size format makes it easy to use the 31 reproducible worksheets and forms.

Contents:	Cover ; Feedback from Self-Practice/Self-Reflection(SP/SR) Participants; Half Title; Self-Practice/Self-Reflection Guides for Psychotherapists; Title; Copyright; Dedication; About the Authors; Foreword; Prologue; Acknowledgments; Contents; Chapter 1. Introducing Experiencing CBT from the Inside Out; Chapter 2. Experiencing CBT from the Inside Out: The Conceptual Framework; Chapter 3. Guidance for SP/SR Participants; Chapter 4. Guidance for SP/SR Facilitators; Part I. Identifying and Understanding Unhelpful (Old) Ways of Being; Module 1. Identifying a Challenging Problem – Module 2. Formulating the Problem and Preparing for ChangeModule 3. Using Behavioral Activation to Change Patterns of Behavior; Module 4. Identifying Unhelpful Thinking and Behavior; Module 5. Using Cognitive Techniques to Modify Unhelpful Thinking and Behavior; Module 6. Reviewing Progress; Part II. Creating and Strengthening New Ways of Being; Module 7. Identifying Unhelpful Assumptions and Constructing New Alternatives; Module 8. Using Behavioral Experiments to Test Unhelpful Assumptions against New Alternatives; Module 9. Constructing New Ways of Being – Module 10. Embodying New Ways of BeingModule 11. Using Behavioral Experiments to Test and Strengthen New Ways of Being; Module 12. Maintaining and Enhancing New Ways of Being; Module Notes; References.
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