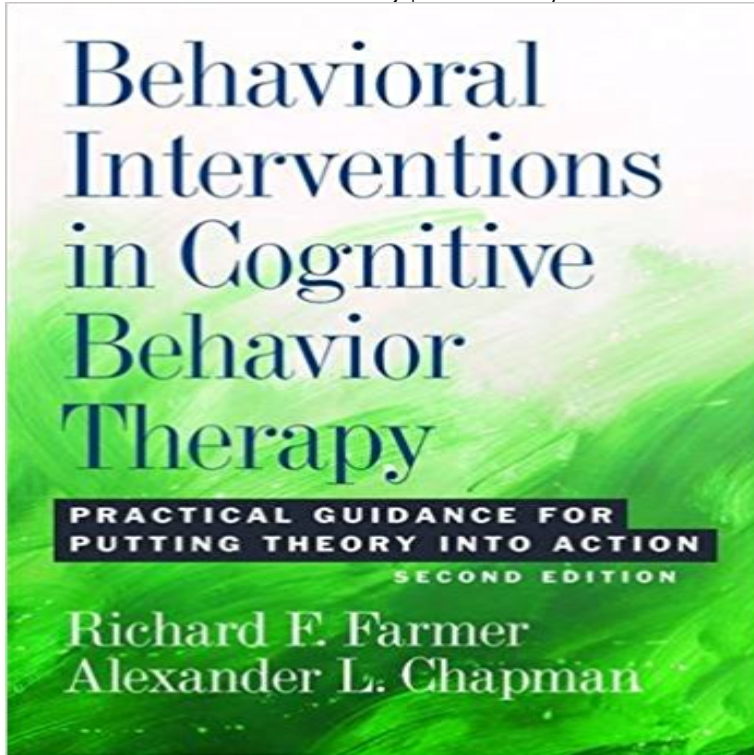


# Behavioral Interventions in Cognitive Behavior Therapy: Practical Guidance for Putting Theory Into Action



This book offers a step-by-step guide to behavioral interventions in cognitive behavior therapy (CBT). The authors discuss case formulation and treatment planning, core behavioral intervention strategies, and innovative approaches such as acceptance, mindfulness, and a behavioral approach to cognition. They examine key behavioral techniques including self-monitoring, behavioral activations, exposure therapy, and skills training, that are essential features of CBT practice. This practical behavioral framework is accessible to clinicians and students with varying degrees of behavioral training. Alongside a comprehensive update of the research literature, this edition features new chapters on enhancing interpersonal effectiveness, emotion regulation, and navigating difficult therapeutic challenges.

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