



Improving Outcomes and Preventing Relapse in Cognitive-Behavioral Therapy

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Organized around specific psychological disorders, this important work brings together leading scientist-practitioners to present strategies for maximizing the benefits of cognitive-behavioral therapy (CBT).

Described are effective ways not only to overcome frequently encountered treatment obstacles, but also to help people stay well once therapy has ended. Tightly edited chapters provide clear recommendations for adapting standard treatment protocols for tough-to-treat patients; enhancing motivation and homework compliance; dealing with common comorbidities; complementing CBT with other approaches; and targeting the factors that contribute to relapse and recurrence.



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