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Cognitive Psychotherapy Toward a New Millennium: Scientific Foundations and Clinical Practice (Paperback)

By -

Springer-Verlag New York Inc., United States, 2012. Paperback. Book Condition: New. 235 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****.In the roughly two decades since Aaron T. Beck published the now classic Cognitive Therapy of Depression, and Michael J. Mahoney declared the Cognitive Revolution, much has happened. What was proposed as the cognitive revolution has now become the zeitgeist, and Cognitive Therapy (CT) has grown exponentially with each passing year. A treatment model that was once seen as different, strange, or even alien, is now commonplace. In fact, many people have allied themselves with CT claiming that they have always done CT. Even my psychoanalytic colleagues have claimed that they often use CT. After all, they say, Psychoanalysis is a cognitive therapy. Cognitive Therapy (or Cognitive Psychotherapy) has become a kaleidoscope model of treatment, with influences coming from many sources. Some of these contributory streams have been information processing, behavior therapy, Constructivist psychology, and dynamic psychotherapy. Each of these sources have added color, shading, and depth to the CT model. What was originally uni-dimensional in terms of the CT focus on depression has become multidimensional as the CT model has been...



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Reviews

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It is easy in study safer to comprehend. It can be written in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

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