



Cognitive-Behavioral Therapy (Theories of Psychotherapy)

By Michelle G. Craske

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In Cognitive Behavioral Therapy, Michelle G. Craske discusses the history, theory, and practice of this commonly practiced therapy. Cognitive behavioral therapy originated in the science and theory of classical and instrumental conditioning; cognitive principles were incorporated following dissatisfaction with a strictly behavioral approach. Cognitive behavioral therapy combines behavioral and cognitive interventions: behavioral interventions aim to decrease maladaptive behaviors and increase adaptive ones, and cognitive interventions aim to modify maladaptive thoughts, self-statements, or beliefs. Although a number of variations on the original theory have developed over the decades, all types of cognitive behavioral therapy are unified by their empirical foundation, reliance on the theory and science of behavior and cognition, and the centrality of problem-focused goals. In this book, the author presents and explores this approach, its theory, history, the therapy process, primary change mechanisms, empirical basis, and future developments. This essential primer to cognitive behavioral therapy, amply illustrated with case examples featuring diverse clients, is perfect for graduate students studying theories of therapy and counseling as well as for seasoned practitioners interested in understanding this approach.

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Editorial Review

Review

Ideal for graduate students in the field of psychology studying theories of therapy and counseling as well as for seasoned counseling practitioners interested in better understanding this approach. --*Midwest Book Review*

About the Author

Michelle G. Craske received her PhD from the University of British Columbia in 1985. She has published over 200 articles and chapters in the area of fear and anxiety disorders. She has written books on the topics of the etiology and treatment of anxiety disorders, gender differences in anxiety, and translation from the basic science of fear learning to the clinical application of understanding and treating phobias, in addition to several self help books and therapist guides. In addition, she has been the recipient of continuous National Institute of Mental Health funding since 1993 for research projects pertaining to risk factors for anxiety disorders and depression among children and adolescents, the cognitive and physiological aspects of anxiety and panic attacks, and the development and dissemination of treatments for anxiety and related disorders. She was associate editor for the *Journal of Abnormal Psychology*, and is associate editor for *Behaviour Research and Therapy*, and a scientific board member for the Anxiety Disorders Association of America. She was a member of the DSM IV Anxiety Disorders Work Group and is now a member of the DSM V Anxiety Disorders Work Group. Dr. Craske has given invited keynote addresses at many international conferences and frequently is invited to present training workshops on the most recent advances in the cognitive behavioral treatment for anxiety disorders. She is currently a professor in the Department of Psychology and Department of Psychiatry and Biobehavioral Sciences, University of California, Los Angeles (UCLA), and director of the UCLA Anxiety Disorders Behavioral Research program.

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