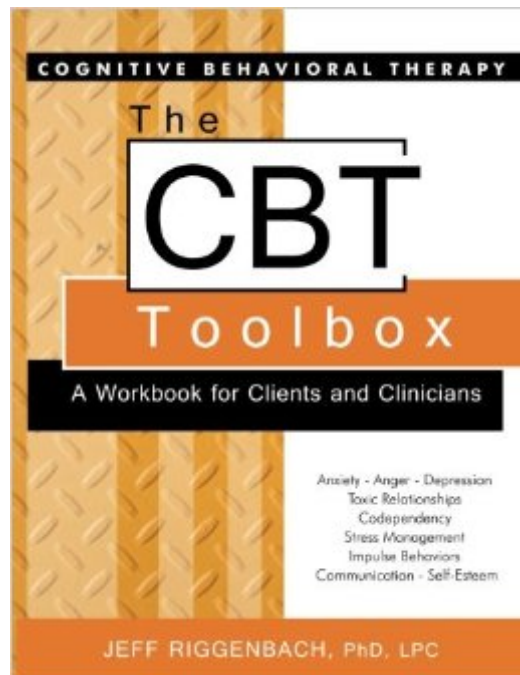


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# The CBT Toolbox: A Workbook For Clients And Clinicians



## Synopsis

Theoretically sound, yet practical and easy-to-use, The CBT Toolbox guides you through evidence-based exercises to help navigate the road to recovery. For a client's use on their own or for use in a therapeutic setting, this book will teach how to overcome unhealthy life patterns, providing fresh and proven approaches to help:

- \* identify triggers for a variety of psychological problems
- \* create step by step plans to improve self-worth
- \* dismiss dysfunctional thinking
- \* track and monitor anger
- \* find calm in stressful situations
- \* break destructive patterns in toxic relationships
- \* defeat depression

Cognitive Behavior Therapy (CBT) is the most empirically-supported form of treatment for a broad range of psychological problems. The CBT Toolbox is not a "one strategy first all" book. Rather, you will receive exercises that integrate research with practical application for specific symptom sets with the necessary depth to create meaningful change. The CBT Toolbox will provide you with effective and easy-to-use tools for:

- \* Anxiety
- \* Depression
- \* Impulsive and Destructive Behaviors
- \* Problems Solving
- \* Toxic Relationships
- \* Stress Management
- \* and much more

"Riggenbach has combined his understanding of CBT with a broad range of clinical experience with patients experiencing a number of different life problems. Using many clear clinical examples, he moves easily between theory, conceptualization, treatment planning, and the application of CBT techniques. The result is a clinically valuable book that is useful for the experienced therapist or the novice therapist wanting to gain expertise in CBT. It is well-written, user-friendly, and filled with the information and ideas that can only come from an expert clinician." Arthur Freeman, EdD, ScD, ABPP, Executive Program Director of Clinical Psychology, Midwestern University

"A valuable and practical guide that will show you how to use the CBT model and techniques to help clients with a variety of problems including self-esteem issues, stress, codependency, depression and anxiety. Clear, accessible and easy-to-read, this workbook presents each problem in terms of the characteristic thinking patterns, feelings and behaviors of the client. Effective and practical tools including reproducible forms and handouts are provided to facilitate healing. Whether you are familiar with or new to CBT, this workbook is highly recommended." John Ludgate, PhD, Founding Fellow of the Academy of Cognitive Therapy and Author of Heal Yourself: A CBT Approach to Reducing Therapist Distress and Increasing Therapeutic Effectiveness

## Book Information

Paperback: 300 pages

Publisher: Premier Publishing & Media; Csm Wkb edition (October 31, 2012)

Language: English

ISBN-10: 1936128306

ISBN-13: 978-1936128303

Product Dimensions: 8.5 x 0.8 x 11 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (77 customer reviews)

Best Sellers Rank: #5,011 in Books (See Top 100 in Books) #8 in [Books > Textbooks > Social Sciences > Psychology > Clinical Psychology](#) #12 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Counseling](#) #14 in [Books > Textbooks > Social Sciences > Psychology > Psychotherapy](#)

## Customer Reviews

It was concise with simple language and explanations. It is a great asset for beginning counsellors especially as it relates to conceptualizing a client's problems along with the overall treatment process. The layout of the book was easy to follow and the diagrams are easy to understand and explain to others. It was a great investment.

You will not regret purchasing this book. During my practicum and internship for my master's counseling program I worked at an inpatient psych hospital and purchased this book for use in group therapy. I went back to its pages over and over and would recommend it to anyone who works with groups or individuals in a CBT framework.

This book is very informative but the E version is useless as a clinical tool due to poor formatting and inability to use the tools

Very easy to follow. The tools provided are easy to explain. My clients understood and enjoyed the assignments. In the past, I've used at least 3 other workbooks that had too much information which can be overwhelming for some readers. But this workbook was simple and kept the attention of the client. Most importantly, they completed the assignments and returned them. The content of the workbook provided insight into my clients problem; it gave them a better understanding. What I would like to see added to this book is a CD with reproducible forms.

I was advised to purchase this book to supplement the Thinking for a Change Corrective Thinking

curriculum that I facilitate. There are some very useful lessons and worksheets in here that I have utilized for many groups! However, although each chapter addresses a different topic, the format and worksheets are EXACTLY THE SAME! You are basically completing the same lesson and worksheet with different wording. Also, the layout is that of a workbook but it is nearly impossible to make copies! It would have been much better if the book was spiral bound or had perforated pages.

Contains a great many activities that work well with teens and young adults. Easy to use and the activities are engaging for the client.

I have used several of the exercises with groups and individuals and have been pleased with the results. The toolbox contains a variety of worksheets that are easy to adapt to different populations. I work in the addictions field as well as using this in my private practice. Maris Burton, MA, LPC

This was recommended by my therapist--it is such a good book with many activities. I hope it helps you as much as it has helped me.

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