



# Cognitive Behavior Therapy: Core Principles for Practice

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## Cognitive Behavior Therapy: Core Principles for Practice

### Learn and apply the 14 core principles of cognitive behavior therapy

In this invaluable guide, clinicians will find—identified and summarized by leading researchers and clinicians—fourteen core principles that subsume the more than 400 cognitive behavioral therapy (CBT) treatment protocols currently in use, so they may apply them to their everyday practice. This unique contribution to the field provides practitioners with a balance of history, theory, and evidence-based applications.

Edited by renowned experts in the field, *Cognitive Behavior Therapy* explores the core principles behind all CBT protocols including:

- Clinical functional analysis
- Skills training
- Exposure
- Relaxation
- Cognitive restructuring
- Problem solving
- Self-regulation

A straightforward introduction to CBT principles with guidance for all mental health professionals seeking to improve the lives of clients spanning a range of psychological problems, *Cognitive Behavior Therapy* is designed for both new and experienced clinicians alike who want to deepen and broaden their understanding of CBT principles.

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