



# Clinical Advances in Cognitive Psychotherapy: Theory an Application

*Robert Leahy PhD*

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## **Clinical Advances in Cognitive Psychotherapy: Theory and Application** Robert Leahy PhD

A virtual Who's Who in the field of cognitive psychotherapy! Tracing the history and derivation of cognitive psychotherapy, the authors discuss its recent developments as an evolving and integrative therapy. Chapters illustrate the applications of cognitive psychotherapy to treat such disorders as anxiety, depression, and social phobia. Other chapters discuss integration with therapy models such as schema-focused and constructivism. New empirically-based research is cited for treating the HIV-positive depressed client, the anorexic or bulimic sufferer, as well as applying cognitive therapy to family and group issues.

Aaron Beck, E. Thomas Dowd, Robert Leahy, W.J. Lyddon, Michael Mahoney, Robert A. Neimeyer are among the stellar contributors to this book.



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