



# **Treatment Plans and Interventions for Depression and Anxiety Disorders, 2e (Treatment Plans and Interventions for Evidence-Based Psychotherapy)**

*By Robert L. Leahy PhD, Stephen J. F. Holland PsyD, Lata K. McGinn PhD*

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This widely used book is packed with indispensable tools for treating the most common clinical problems encountered in outpatient mental health practice. Chapters provide basic information on depression and the six major anxiety disorders; step-by-step instructions for evidence-based assessment and intervention; illustrative case examples; and practical guidance for writing reports and dealing with third-party payers. In a convenient large-size format, the book features 74 reproducible client handouts, homework sheets, and therapist forms for assessment and record keeping. The CD-ROM enables clinicians to rapidly generate individualized treatment plans, print extra copies of the forms, and find information on frequently prescribed medications.

## New to This Edition

- \*The latest research on each disorder and its treatment.
- \*Innovative techniques that draw on cognitive, behavioral, and mindfulness- and acceptance-based approaches.
- \*Two chapters offering expanded descriptions of basic behavioral and cognitive techniques.
- \*More than half of the 74 reproducibles are entirely new.

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- Sales Rank: #57119 in Books
- Brand: Brand: The Guilford Press
- Published on: 2011-10-26
- Original language: English
- Number of items: 1
- Dimensions: 10.50" h x 8.00" w x 1.25" l, 2.35 pounds
- Binding: Paperback
- 490 pages



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## **Editorial Review**

### **Review**

"I highly recommend this book. For the novice, the authors provide a concise overview of the major risk factors and empirical approaches for each of the anxiety and mood disorders. For clinicians at every level of experience, the book is chock full of techniques, charts, and tools for implementing cognitive and behavioral strategies, with plenty of case examples to illustrate the techniques. The authors provide fantastic guidance on how to address common barriers in implementing cognitive-behavioral therapy."--Sheri L. Johnson, PhD, Department of Psychology, University of California, Berkeley

"Evidence-based interventions--especially cognitive and behavioral therapies--will occupy a central role in the future of mental health care. Written by highly experienced clinicians and scholars, this volume (together with the included CD-ROM) has filled a crucial need since its original publication. The second edition provides up-to-date, hands-on recommendations and concrete guidelines for treating the most common anxiety and mood disorders using well-supported cognitive and behavioral strategies. This is a 'must-read' book for mental health practitioners of the 21st century and an essential teaching tool for future therapists in all disciplines."--Stefan G. Hofmann, PhD, Department of Psychology, Boston University

"This updated second edition incorporates the latest theory and research. The authors present a wide array of tried and tested techniques and show when and how to use them. The book includes detailed guidance on assessment and report writing and abundant material for direct use with clients. It should be part of every clinician's CBT toolkit."--Adrian Wells, PhD, Division of Clinical Psychology, University of Manchester, United Kingdom

"This is a well-written, concise, yet scholarly and informative volume that will be of great value to psychotherapy trainees and practitioners. The most important current information on cognitive-behavioral techniques for depression and anxiety is clearly summarized. Available clinical tools are presented in a very practical and user-friendly manner."--James E. Mitchell, MD, The Lee A. Christoferson Chair in Neuroscience Research and Chester Fritz Distinguished University Professor, University of North Dakota School of Medicine and Health Sciences

"What an excellent resource! Comprehensive, concise, and easy to understand, the book offers a wonderful integration of theory, research, and clinical examples. A plethora of strategies and techniques are illustrated with session-by-session case studies. Essential reading for clinicians, this book should be a required text for any CBT course at the master's or doctoral level."--David Dia, PhD, LCSW, College of Social Work, University of Tennessee

"The layout of each chapter, as well as the included sample treatment plans and patient forms, greatly facilitates the implementation of treatment within a busy practice."

*(Clinical Psychology Review 2011-10-28)*

"A gift to the mental health field. It is an excellent resource for practitioners, academics, and students of Cognitive Behavioral Therapy, offering everything one needs to know about treating the major anxiety and

mood disorders in one practical volume. Through every chapter, the appendices, and the CD-ROM, the authors go the extra mile to ensure comprehensive research coverage; explicate practical applications; and provide more than the standard collection of therapist tools, form, and assessments. The authors provide current, far-reaching research on each disorder in accessible, engaging language. Rather than emphasizing only one CBT approach, they review a range of treatment approaches (e.g., cognitive, behavioral, acceptance-based) within CBT for each disorder. They then compile every resource clinicians need at their fingertips to comprehensively assess and treat clients with a range of anxiety and mood disorders. The reproducible assessment forms and clinical hand-outs and worksheets alone make the book worth purchasing, but the authors offer so much more....I not only use *Treatment Plans and Interventions for Depression and Anxiety Disorders* regularly in practice myself, but when I read it I immediately switched to this text for my graduate level CBT course and my students all thanked me! I have never read such an all-inclusive and accessible volume on treatment approaches that will serve the majority of clients most CBT clinicians encounter. I give it my highest recommendation, and I laud the authors for the labor they devoted to this work a work that promises to make life easier for clinicians while improving their understanding of CBT principles and the quality of their evidence-based practices."

(*Cognitive Behavioral Therapy Book Reviews* 2014-05-21)

"Provides exactly what it suggests a reference for clinicians about methods and practical interventions for a number of psychological disorders...This manual provides an excellent reference guide for any graduate student or therapist considering using CBT in a short-term treatment plan."

(*Behavioural and Cognitive Psychotherapy* 2001-07-03)

#### About the Author

**Robert L. Leahy, PhD**, is Director of the American Institute for Cognitive Therapy in New York and Clinical Professor of Psychology in the Department of Psychiatry at Weill Cornell Medical College in New York. His research focuses on individual differences in theory of emotion regulation. Dr. Leahy is Associate Editor of the *International Journal of Cognitive Therapy* and is past president of the Association for Behavioral and Cognitive Therapies, the International Association for Cognitive Psychotherapy, and the Academy of Cognitive Therapy. He is the 2014 recipient of the Aaron T. Beck Award from the Academy of Cognitive Therapy.

**Stephen J. F. Holland, PsyD**, is Director of the Capital Institute for Cognitive Therapy in Washington, DC. He has served on the faculty of the doctoral psychology programs at Columbia University and the American School of Applied and Professional Psychology. Dr. Holland is a Founding Fellow of the Academy of Cognitive Therapy and the author of articles and book chapters on cognitive-behavioral and integrative psychotherapy. He was named one of the top therapists in the Washington, DC, area by *Washingtonian* magazine.

**Lata K. McGinn, PhD**, is Associate Professor of Psychology, Director of the Doctoral Clinical Program, and Director of the university-based CBT Program for Anxiety and Depression at Yeshiva University, Ferkauf Graduate School of Psychology, Albert Einstein College of Medicine. She is also cofounder of Cognitive Behavioral Consultants, an evidence-based clinical and training center in New York City and White Plains, New York. She is the author or coauthor of numerous publications on anxiety and depressive disorders and cognitive-behavioral therapy, including a book on treatment of obsessive-compulsive disorder. Past president of the International Association for Cognitive Psychotherapy, Dr. McGinn is a board member, Founding Fellow, and Diplomate of the Academy of Cognitive Therapy and is a certified ACT Trainer. She has earned the title of Beck Scholar from the Beck Institute for Cognitive Behavior Therapy in recognition of her contributions to the field of cognitive therapy. Dr. McGinn is an associate editor of *Cognitive Therapy and Research* and serves on the editorial board of the *International Journal of Cognitive*

*Therapy* and on the advisory board of the *Journal of Cognitive-Behavioral Psychotherapy and Research*.

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