



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

Download now

Read Online ➔

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

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.

↓ [Download Treatment Plans and Interventions for Depression a ...pdf](#)

📄 [Read Online Treatment Plans and Interventions for Depression ...pdf](#)

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

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

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.

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 **Bibliography**

- 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

 [Download Treatment Plans and Interventions for Depression a ...pdf](#)

 [Read Online Treatment Plans and Interventions for Depression ...pdf](#)

Download and Read Free Online 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

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 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*.

Users Review

From reader reviews:

Hal Clemens:

A lot of people always spent their particular free time to vacation or maybe go to the outside with them household or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity this is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you just read you can spent all day long to reading a publication. The book *Treatment Plans and Interventions for Depression and Anxiety Disorders, 2e (Treatment Plans and Interventions for Evidence-Based Psychotherapy)* it is rather good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. If you did not have enough space to bring this book you can buy the particular e-book. You can m0ore very easily to read this book from the smart phone. The price is not to fund but this book provides high quality.

James Robbins:

Reading can called imagination hangout, why? Because when you are reading a book specially book entitled *Treatment Plans and Interventions for Depression and Anxiety Disorders, 2e (Treatment Plans and Interventions for Evidence-Based Psychotherapy)* your mind will drift away trough every dimension, wandering in every aspect that maybe mysterious for but surely will end up your mind friends. Imaging each and every word written in a e-book then become one type conclusion and explanation that maybe you never get ahead of. The *Treatment Plans and Interventions for Depression and Anxiety Disorders, 2e (Treatment Plans and Interventions for Evidence-Based Psychotherapy)* giving you a different experience more than blown away your mind but also giving you useful info for your better life with this era. So now let us demonstrate the relaxing pattern is your body and mind is going to be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

Douglas Henry:

Are you kind of occupied person, only have 10 or maybe 15 minute in your time to upgrading your mind ability or thinking skill perhaps analytical thinking? Then you are experiencing problem with the book when compared with can satisfy your short period of time to read it because all this time you only find e-book that need more time to be read. *Treatment Plans and Interventions for Depression and Anxiety Disorders, 2e (Treatment Plans and Interventions for Evidence-Based Psychotherapy)* can be your answer because it can be read by anyone who have those short free time problems.

Cheryl Edgerly:

Reading a book being new life style in this calendar year; every people loves to study a book. When you examine a book you can get a lot of benefit. When you read publications, you can improve your knowledge,

mainly because book has a lot of information onto it. The information that you will get depend on what forms of book that you have read. If you want to get information about your research, you can read education books, but if you act like you want to entertain yourself look for a fiction books, this kind of us novel, comics, and also soon. The Treatment Plans and Interventions for Depression and Anxiety Disorders, 2e (Treatment Plans and Interventions for Evidence-Based Psychotherapy) will give you a new experience in looking at a book.

**Download and Read Online 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
#72P1NM6DQY9**

Read 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 for online ebook

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 Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read 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 books to read online.

Online 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 ebook PDF download

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 Doc

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 Mobipocket

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 EPub

72P1NM6DQY9: 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