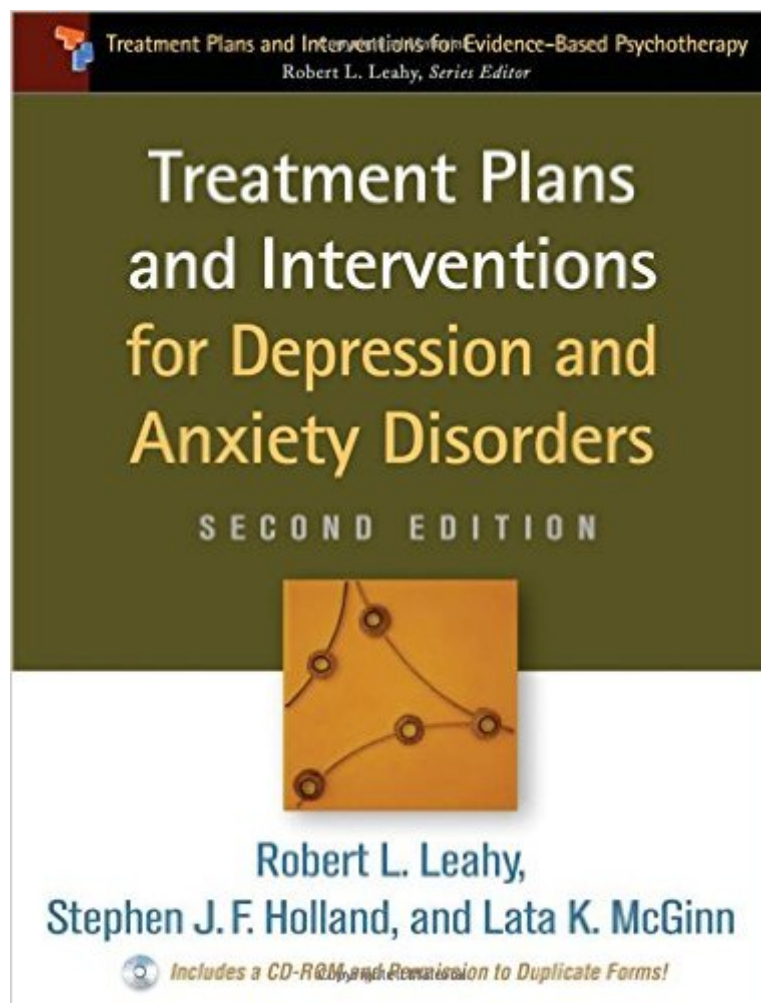


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# Treatment Plans And Interventions For Depression And Anxiety Disorders, 2e (Treatment Plans And Interventions For Evidence-Based Psychotherapy)



## Synopsis

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. **Â 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 74Â reproducibles are entirely new. **Â Â**

## Book Information

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## Customer Reviews

I had this treatment plan book years ago when I had a private practice and I found it very helpful. Somehow, after a number of moves, I could not find it, so I ordered it again. It has been one of the most helpful books for treating clients with depression and anxiety disorders. The CD is fantastic because it makes it so easy to print off the treatment plans and keeps them all in one simple

location.

Best book ever!!! Talks about diagnosis... and how therapy works. It's better than ANY other self help books. i prefer this over self help book. I want to get to KNOW!!! what's causing my depression and steps to curing it.

This book should be in the collection of any practicing school psychologist. It has very useful tools and resources to approach the issues of students that have emotional and or behavioral needs. The forms provided in the book are licensed for copying (which is HUGE PLUS) and you can readily contact the authors if you need additional clarification or insight on how they went about collecting the data in this text. I highly recommend this book.

The copy available assessments and intervention strategies are very useful. After the initial downloads I have not been able to access the assessments and intervention strategies from the DVD. I will have to do further research to address this problem which is annoying.

Being a seasoned, long time practicing psychotherapist, I have every clinical therapeutic book under the sun; this one tops them all, bar none!! It is insightful, thorough in its covering every aspect of any dx, along with treatment plans & techniques, and the absolute BEST CBT sheets for your clients that I've ever seen!! This book needs to be a staple in every clinician's library. In fact, I have a zillion CBT books that don't even begin to hold a candle to this one. Dr. Leahy is no lightweight in the CBT world, he is revered at the top of the heap and is brilliantly versed in his field. Having a CD-ROM to run duplicate client sheets makes printing as easy as a breeze without destroying your book in the process. This book is worth its weight in gold; a diamond in your CBT rough!!

If you've been in the biz as long as I have, it's helpful to find information that keeps the wheels turning. With the push for diagnostically measurable treat goals, this book is great. User friendly, covers every main concept, and honestly, Depression and Anxiety disorders -- all of them, cover every mental health issue. I recommend this book for everyone working in the mental health field.

I wish I had known about this book earlier! Excellent information on treatment plans, handouts for clients, and summary of approaching therapy with clients who experience depression and/or anxiety.

a lot of good information for LPC's to help with ideas to use in treatment planning. I really like it and use it weekly

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