



Cognitive-Behavioral Case Formulation and Treatment Design: A Problem-Solving Approach

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This user-friendly guide will help the clinician develop Cognitive-Behavioral treatment plans for 11 common psychological disorders (e.g., major depressive disorder, generalized anxiety, borderline personality disorder, anger problems). Based on a problem-solving model and empirical literature, the authors focus on two major clinical tasks involved in this process: case formulation and treatment design. They delineate short-term goals, long-term goals, treatment targets, and potential interventions.

Appendices include "quick guides to CBT treatment planning" for the 11 disorders and selected major CBT clinical intervention strategies noted throughout the book.

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