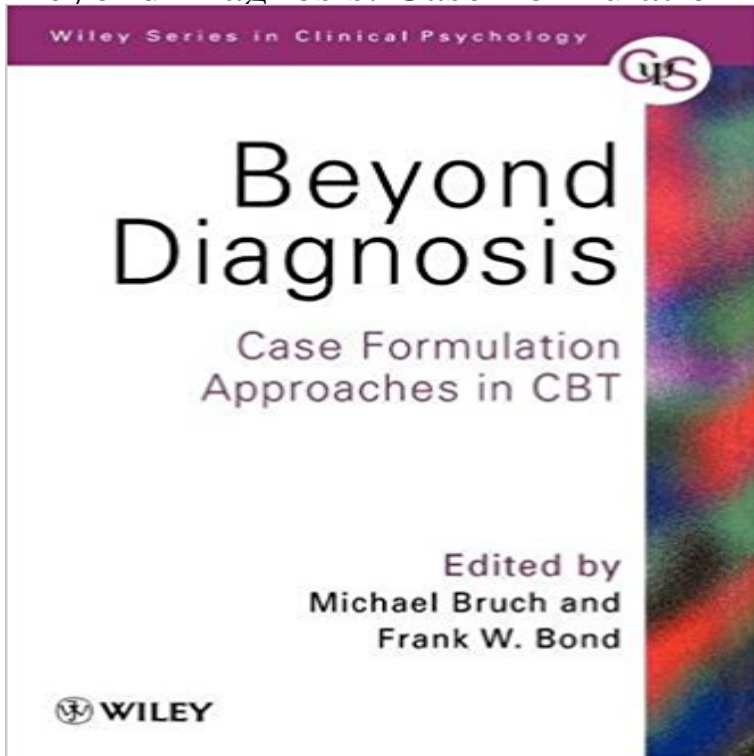


Beyond Diagnosis: Case Formulation Approaches in CBT



Beyond Diagnosis Case Formulation Approaches in CBT Edited by Michael Bruch, University College London Medical School, UK and Frank W. Bond, Goldsmiths College, University of London, UK Most clinical psychologists and psychotherapists strive to plan and implement treatment programmes suited to the individual needs of their clients. The challenge is to do so within an environment of evidence-based managed care, for which the cognitive-behavioural model seems well suited. The case formulation approach is increasingly used and taught to meet this challenge. This unique collection of chapters by acknowledged experts is written with the trainee and practitioner in mind, with the emphasis on understanding case formulation and its clinical application. The reader will find that this book:

- * Provides detailed examples of different, current approaches to CBT in the context of case formulation.
- * Shows how six different types of psychological problems are conceptualised and treated from a case formulation perspective.
- * Demonstrates how treatment manuals can be tailored to individual client needs, a process that may well increase the efficacy of the treatment manuals.
- * Provides throughout many detailed, concrete examples of how clinicians can use CBT case formulations with their clients. These clinical illustrations emphasise that approaches can be variable and adaptable within the cognitive-behavioural framework. They are applicable to a wide variety of psychological problems, using individually tailored treatment programmes for the needs of specific clients. This book will help clinicians to use case formulation approaches with their own clients. From the Foreword by Ira Daniel Turkat: The clinician who reads this book will be grateful for the very practical information offered . . . The ultimate goal of clinical psychology should be to prevent

psychopathology from occurring. To do so, we need to understand what causes these disorders in the first place and why they continue to be exhibited . by focusing on how to think about clinical phenomena, the following pages guide us down the right path.

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

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