



## High-yield Cognitive-behavior Therapy for Brief Sessions: An Illustrated Guide

By Jesse H. Wright, Donna M. Sudak, Douglas Turkington, Michael E. Thase

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High-Yield Cognitive-Behavior Therapy for Brief Sessions: An Illustrated Guide breaks entirely new ground in explaining how to weave together the powerful tools of CBT with pharmacotherapy in sessions shorter than the traditional 50-minute hour. Written for psychiatrists, therapists, and other clinicians, the book details ways to enrich brief sessions with practical CBT interventions that work to relieve symptoms and promote wellness. An engaging and instructive resource of video illustrations included with the book demonstrates how to successfully implement brief CBT sessions for some of the most common and important problems seen in clinical practice depression, anxiety, psychotic symptoms, suicidality, sleep disturbances, substance abuse, and coping with physical health issues. Written by practicing clinicians with extensive experience in combining CBT and pharmacotherapy, this volume builds on the constructs and techniques described in the authors earlier best-selling illustrated guides, Learning Cognitive-Behavior Therapy and Cognitive-Behavior Therapy for Severe Mental Illness. A must-read for working clinicians as well as trainees, this book offers pragmatic solutions for the challenge of providing effective psychotherapy in brief treatment sessions.

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### **Editorial Review**

#### **Review**

As psychiatrists or psychologists, we d like to provide good services for our patients or clients. But there re some confusion of medication in combination with CBT at general and special clinical setting. All these problems can be resolved and more practical skills of CBT can be learned through reading this book and watching the video illustrations. --Zhanjiang Li, M.D., Ph.D. Professor of Psychiatry and Clinical Psychology, Beijing Anding Hospital, Capital Medical University

Psychiatric sessions have become shorter and more pharmacologically oriented over the past few years. Understandably, the field has been crying for a book to teach us how to do CBT in such an abbreviated session. This book authored by leaders in CBT does it superbly. Certain to become a classic, it is a must-have for all practitioners. --Alan F. Schatzberg, M.D., Kenneth T. Norris, Jr Professor and Chair, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine

#### **About the Author**

Jesse H. Wright, M.D., Ph.D., is Professor and Vice Chair for Academic Affairs in the Department of Psychiatry and Behavioral Sciences and Director of the Depression Center at the University of Louisville in Kentucky. Donna M. Sudak, M.D., is Professor of Psychiatry and Director of Psychotherapy Training at Drexel University College of Medicine in Philadelphia, Pennsylvania. Douglas Turkington, M.D., is Professor of Psychosocial Psychiatry at the Institute of Neuroscience, Newcastle University, Royal Victoria Infirmary; and Consultant Liaison Psychiatrist with Northumberland, Tyne and Wear NHS Trust, St. Nicholas Hospital, Gosforth, Newcastle-upon-Tyne, United Kingdom Michael E. Thase, M.D., is Professor of Psychiatry and Director of the Mood and Anxiety Disorders Section at the University of Pennsylvania School of Medicine in Philadelphia, Pennsylvania.

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