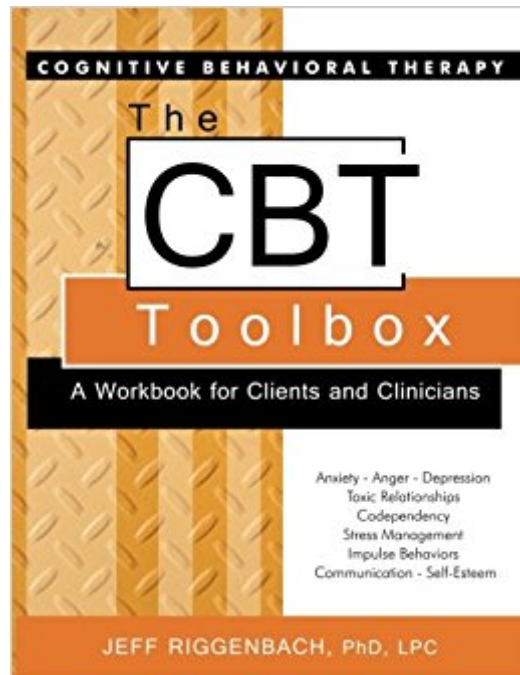


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# The CBT Toolbox: A Workbook For Clients And Clinicians



## Synopsis

Theoretically sound, yet practical and easy-to-use, The CBT Toolbox guides you through evidence-based exercises to help navigate the road to recovery. For a client's use on their own or for use in a therapeutic setting, this book will teach how to overcome unhealthy life patterns, providing fresh and proven approaches to help: - identify triggers for a variety of psychological problems - create step by step plans to improve self-worth - dismiss dysfunctional thinking - track and monitor anger - find calm in stressful situations - break destructive patterns in toxic relationships - defeat depression Cognitive Behavior Therapy (CBT) is the most empirically-supported form of treatment for a broad range of psychological problems. The CBT Toolbox is not a "one strategy first all" book. Rather, you will receive exercises that integrate research with practical application for specific symptom sets with the necessary depth to create meaningful change. The CBT Toolbox will provide you with effective and easy-to-use tools for: - Anxiety - Depression - Impulsive and Destructive Behaviors - Problems Solving - Toxic Relationships - Stress Management - and much more

## Book Information

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## Customer Reviews

"Using many clear clinical examples, Rigenbach moves easily between theory, conceptualization, treatment planning, and the application of CBT techniques. It is well-written, user-friendly, and filled with the information and ideas that can only come from an expert clinician." -- Arthur Freeman, EdD, ScD, ABPP "Executive Program Director of Clinical Psychology, Northwestern University" "Clear,

accessible and easy-to-read, this Workbook presents each problem in terms of the characteristic thinking patterns, feelings and behaviors of the client. Effective and practical tools including reproducible forms and handouts are provided to facilitate healing. Whether you are familiar or new to CBT, this workbook is highly recommended." -- John Ludgate, Ph.D "Founding Fellow of the Academy of Cognitive Therapy and author of Heal Yourself: A CBT Approach to Reducing Therapist Distress and Increasing Therapeutic Effectiveness"

Jeff Rigenbach, Ph.D., LPC, trained at the Beck Institute of Cognitive Therapy and Research in Philadelphia, is a Diplomate of the Academy of Cognitive Therapy, and lectures nationally & internationally on topics related to cognitive therapy and personality dysfunction. He currently serves as the Director of Outpatient Services at Brookhaven Hospital in Tulsa where he oversees Mood and Anxiety Disorders Programs and Brookhaven's Borderline Personality Disorder Treatment Program. Dr. Rigenbach is well-known for bridging the gap between academia, research findings, and day-to-day clinical practice.

The workbook is okay, but I'm not sure how it's so highly rated. Each section shows basically the same 15 worksheets, and then there are 5 unique worksheets at the end of the section. It can get repetitive after a while. The biggest annoyance is that the book talks a lot about "god" and sometimes it feels as if it were made for Christian counselors rather than mental health professionals. It looks like Dr. Rigenbach does therapy in Oklahoma, in the middle of the Bible Belt, so it makes sense, but would be a little less culturally competent for those who work with a lot of religious diversity. Overall, I felt like the book helped me wrap my head around CBT with concrete examples and worksheets, but wish there was more to the book than there actually is.

Very easy to follow. The tools provided are easy to explain. My clients understood and enjoyed the assignments. In the past, I've used at least 3 other workbooks that had too much information which can be overwhelming for some readers. But this workbook was simple and kept the attention of the client. Most importantly, they completed the assignments and returned them. The content of the workbook provided insight into my clients problem; it gave them a better understanding. What I would like to see added to this book is a CD with reproducible forms.

It was concise with simple language and explanations. It is a great asset for beginning counsellors especially as it relates to conceptualizing a client's problems along with the overall treatment

process. The layout of the book was easy to follow and the diagrams are easy to understand and explain to others. It was a great investment.

Excellent resource for beginning and advanced counselors. The only con I see is that the pages could have been perforated for easy copying of material.

Contains a great many activities that work well with teens and young adults. Easy to use and the activities are engaging for the client.

Over the years I've bought probably half a dozen workbooks on different angles and populations. This one supplies me with pretty much everything I need and I consider it over all the best one. I'm now using it with all of my clients that need a thorough treatment of the subject, CBT.

Excellent book! Found lots of great exercises to use for my patients. The description of CBT in the book was very understandable for those I work with.

I'm in the early stages of my Master's program, this book is extremely helpful.

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