

Cognitive Therapy In Clinical Practice: An Illustrative Casebook

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1. J Consult Clin Psychol. 2009 Aug;77(4):595-606. doi: 10.1037/a0016032.
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This volume contains examples of how cognitive therapists working in varied settings with groups of adult clients have applied the cognitive model in their domain.

A cognitive behavioural therapy assessment model for Cognitive behavioural therapy and can usefully inform general clinical skills in everyday practice.

Beck developed cognitive therapy in the early 1960s as a psychiatrist at Penn. Cognitive therapy in clinical practice: An illustrative casebook. New York, NY

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