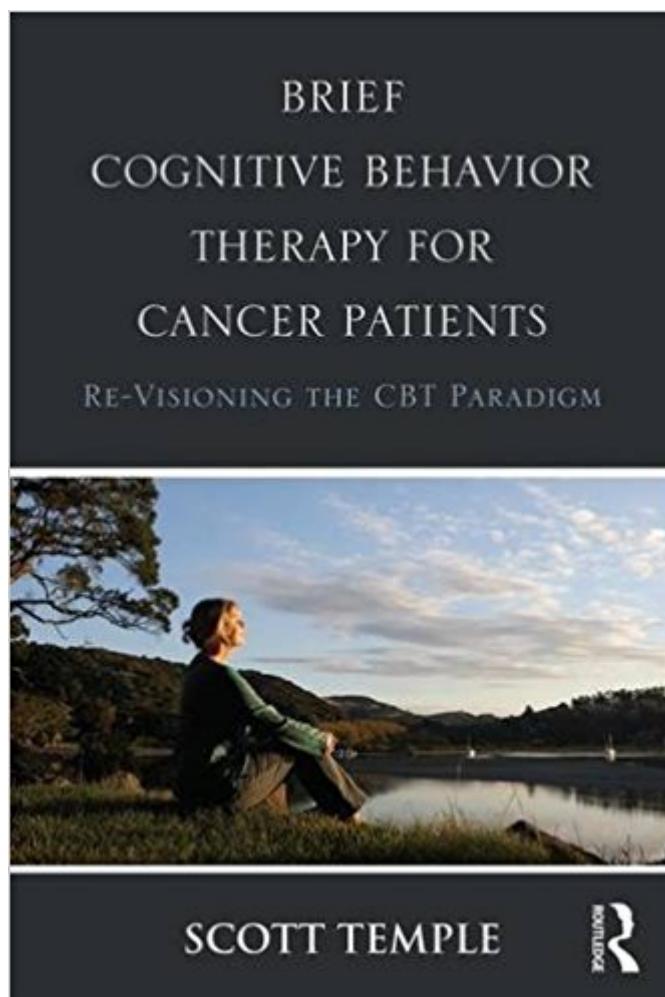


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# Brief Cognitive Behavior Therapy For Cancer Patients: Re-Visioning The CBT Paradigm



## **Synopsis**

Brief Cognitive Behavior Therapy for Cancer Patients is a practical, clinical guide that allows for the integration of techniques from multiple newer CBT models, organized around a clear conceptual foundation and case conceptualization. The book targets those cognitive, emotional, and behavioral processes that research suggests are instrumental in the maintenance of human psychological suffering. Author Scott Temple also draws on newer models that build on strengths and resilience and brings clinical work to life through vivid case examples, worksheets, and case conceptualization forms. Detailed vignettes show clinicians how to create a case conceptualization as a guide to treatment, as well as how to integrate Beckian and newer CBT techniques.

## **Book Information**

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## **Customer Reviews**

"Deep, thoughtful, and practical, this book explores every wave and corner of the cognitive behavioral tradition in search of the best available methods to empower cancer patients. Not content merely to create a jumbled pile of possibilities, Scott Temple lays out a balanced clinical model that makes sense of old and new methods. The years of devotion put into this effort is evident on every page. While a must read if you work with cancer patients, all CBT clinicians will benefit greatly from it, regardless of wave or corner." Steven C. Hayes, PhD, Foundation Professor of Psychology, University of Nevada "Dr. Temple has written a moving and meaningful book. His humanity and empathy shine through in his writing. Setting aside the considerable utility of the text in describing work with such patients, the work also masterfully explains the key principles of modern-day CBT

and incorporates perspectives from ACT, DBT, and MBCT that amplify and enhance the original model. Vivid case examples and clear summaries make the principles easy to grasp; this is a must read!" Donna M. Sudak, MD, professor of psychiatry, senior associate training director, and director of psychotherapy training at the Drexel University College of Medicine and past president of the Academy of Cognitive Therapy "This book provides a unique blend of scholarly and clinical information on all aspects of cognitive behavioral therapy. It is extremely well written and thoroughly edited. I greatly enjoyed reading it and I strongly recommend this book to all healthcare professionals involved in the care of patients with cancer." Eduardo Bruera, MD, FT McGraw Chair in the Treatment of Cancer and chair of the Department of Palliative, Rehabilitation, & Integrative medicine at the University of Texas MD Anderson Cancer Center "In this excellent book, Dr. Temple gives invaluable clinical guidance to those suffering from cancer. His expert advice is rooted in modern CBT and delivered in a compassionate and engaging style. This makes it an important, much needed, and enduring contribution to the literature. The many worksheets, case conceptualizations, and case examples provide patients with concrete tools to relieve some of the suffering and despair. I highly recommend it." Stefan G. Hofmann, PhD, professor of psychological and brain sciences at Boston University and author of Emotion in Therapy: From Science to Practice

Scott Temple, PhD, is clinical professor and director of psychosocial treatments in the Department of Psychiatry at the University of Iowa. He is on the faculty in the Holden Comprehensive Cancer Center at the University of Iowa and is also a founding fellow and a certified CBT trainer and consultant in the Academy of Cognitive Therapy. Â

This is an important book by a Master Clinician. Scott Temple's Brief CBT for Cancer Patients will become a classic in the psychological treatment of people coping with cancer. It is hard to imagine anyone not touched by cancer, either as a patient or family member. Temple's thoughtful, highly readable, compassionate, and practical book is a must read for all clinicians since all clinicians will have patients who at some time have cancer. I was particularly impressed with Temple's ability to integrate the leading CBT approaches, including Beckian cognitive therapy, ACT, DBT, Mindfulness, and other approaches . I will strongly recommend this book to all of my colleagues and trainees.

This book, brings together insights from ACT, mindfulness, DBT, and CBT in an incredibly

thoughtful, articulate, and practical approach to working with cancer patients. His theoretical perspective in combining CBT with newer approaches in the field of therapy provides a "revisioned" understanding of a broader CBT paradigm. The book is not only theoretically rich, but heartfelt and moving. His approach is relevant for experienced psychologists, researchers, therapists, and would also be excellent for students working with cancer patients. His insights, particularly in chapter 2 are relevant for therapists working with any population who seek an integrated expanded understanding of what CBT is today.

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