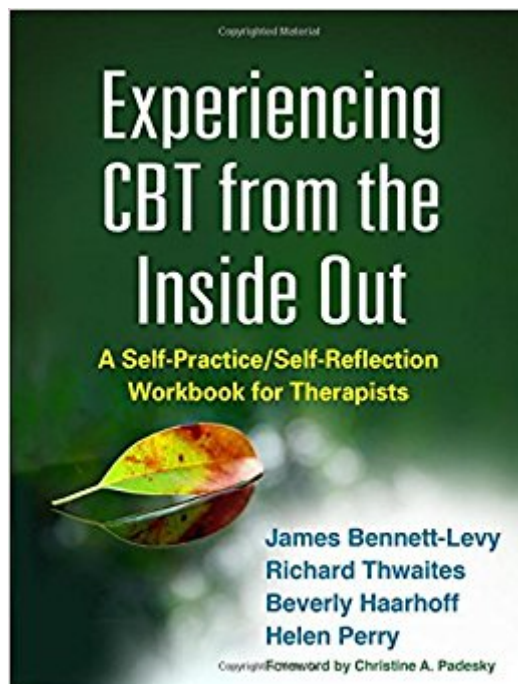


The book was found

# Experiencing CBT From The Inside Out: A Self-Practice/Self-Reflection Workbook For Therapists (Self-Practice/Self-Reflection Guides For Psychotherapists)



## Synopsis

Engaging and authoritative, this unique workbook enables therapists and students to build technical savvy in contemporary CBT interventions while deepening their self-awareness and therapeutic relationship skills. Self-practice/self-reflection (SP/SR), an evidence-based training strategy, is presented in 12 carefully sequenced modules. Therapists are guided to enhance their skills by identifying, formulating, and addressing a professional or personal problem using CBT, and reflecting on the experience. The book's large-size format makes it easy to use the 34 reproducible worksheets and forms. Purchasers also get access to a Web page where they can download and print the reproducible materials.

## Book Information

Series: Self-Practice/Self-Reflection Guides for Psychotherapists

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## Customer Reviews

I LOVE the multitude of homework assignments and worksheets included in this book! And since, there is sooo many of them, it makes me live the book even more!

Much needed approach for CBT. Evidence based training. Well written and assembled.

Recommend highly from a PhD Clinical Psychologist

exactly what i needed.

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