



# Cognitive-Behavior Therapy for Severe Mental Illness

*Jesse H. Wright, David Kingdon, Douglas Turkington, Monica Ramirez Basco*

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\*\*\*This book has won first prize in the Mental Health category of the 2009 British Medical Association Medical Book Competition\*\*\*

Mastering cognitive-behavior therapy for the common, yet difficult-to-treat aspects of severe mental illness has now been made easier with *Cognitive-Behavior Therapy for Severe Mental Illness*. This practical and insightful guide distills into one volume CBT techniques for individual therapy and video demonstrations on DVD that illustrate how these techniques can be used to tackle a wide range of severe clinical problems. The authors provide a host of functional strategies for treating patients with schizophrenia, bipolar disorder, and treatment-refractory depression. Their easy-to-read guide promotes practitioners skill building including how to design useful interventions, provide effective psychoeducation, and engage patients in effective therapeutic relationships. Authoritative and engaging, the authors cover specific symptoms in detail, outlining methods to promote treatment adherence and to help patients prevent relapse, reduce delusional thinking, cope with hallucinations, solve problems unresponsive to medication, and cope with dysfunctional relationships. The eighteen videos depict CBT in action, demonstrating such scenarios as tracing origins of paranoia and formulating an antisuicide plan. Featuring learning exercises, worksheets, and checklists, the book is an ideal companion to the authors widely used text *Learning Cognitive-Behavior Therapy*, building on its critically acclaimed methodology to offer proven guidelines for effective treatment.

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