



Using Homework Assignments in Cognitive Behavior Therapy

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Homework is a central feature of Cognitive-Behavioral Therapy (CBT), given its educational emphasis. This new text is a comprehensive guide for administering assignments. The first part of the text offers essential introductory material, a comprehensive review of the theoretical and empirical support for the use of homework, models for practice, and systems for evaluating client compliance and therapist competence in administering assignments. Part two focuses on the role of homework in cognitive therapy, demonstrating successful methods of integration and discussing solutions to common barriers. Rather than offering one-size-fits-all, pre-designed tasks, this book illustrates application of a model with detailed case study and recommendations for adjusting administration methods for particular problems and specific client populations. Over the last nine chapters, homework administration is described within cognitive and behavioral therapy for anxiety and depression, chronic pain, delusions and hallucinations, obsessions and compulsions, marital and sexual problems, personality disorders, children and adolescents, group and family therapy, and older adults.

Readers are provided with a full range of knowledge to successfully incorporate individualized homework assignments into their practice to maximize the proven long-term benefits of CBT.

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