



# Cognitive Therapy (Theories of Psychotherapy)

*Keith S. Dobson*

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## **Cognitive Therapy (Theories of Psychotherapy)** Keith S. Dobson

This edition in the Theories of Psychotherapy Series® provides a brief and accessible survey of this popular, time-limited form of psychotherapy for specific functional problems.

The author provides a historical overview of the approach; an outline of the cognitive therapeutic model and its central tenets, such as maladaptive schemas, automatic thoughts and cognitive distortions (e.g., maximization/minimization, fortune-telling, catastrophization); and an overview of evidence-based strategies, as well as "collaborative empiricism" in the therapeutic alliance.

Cognitive Therapy examines the therapy's process, evaluates its evidence base and effectiveness, and suggests future directions in the development of the therapy.

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