



## **Clinician's Guide to Mind Over Mood**

*Christine A. Padesky , Dennis Greenberger*

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If you'd like to assign MIND OVER MOOD to your clients, but aren't sure about how to incorporate it into practice, you'll find the answers you need in CLINICIAN'S GUIDE TO MIND OVER MOOD. This essential companion guide will show you how to introduce MIND OVER MOOD to your clients, integrate it with your in-session therapy work, increase client compliance in completing home assignments, and overcome common difficulties that may arise. The authors clearly demonstrate how to use MIND OVER MOOD with individuals, couples, and groups, both in session and at home. Brief therapy and inpatient settings are also discussed in detail.

Step-by-step instructions are provided on how to tailor the program to follow cognitive therapy treatment protocols for a range of diagnoses, including depression, anxiety, personality disorders, panic disorder, substance abuse, and complex, multiple problems. Also outlined are ways to use MIND OVER MOOD to pinpoint the development of specific cognitive, affective, and behavioral skills.

The volume is richly illustrated with case examples and sample client-therapist dialogues in every chapter. Guidance is offered on how to review home exercises and worksheets in session and how to perform effective guided discovery. The authors also provide a detailed chapter on setting therapy goals. Creative ways for engaging clients who have negative reactions to a manual are described, as are strategies for maintaining collaboration with clients with personality disorders. Each chapter concludes with a "troubleshooting guide," which therapists can use to navigate impasses, and the book itself concludes with an informative chapter on therapist training and MIND OVER MOOD.

## **Clinician's Guide to Mind Over Mood Details**

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## **From Reader Review Clinician's Guide to Mind Over Mood for online ebook**

### **Courtney Moeller says**

This is a good book for those wanting an introduction into the Cognitive Behavioral theory, conceptualization and techniques.

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### **Siham Shurbaji says**

Helpful, even if you don't have severe problems. You can develop good skills that you'll probably need from a while to another.

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### **Brook says**

Cognitive behavioural therapy is the leading none-drug way of dealing with depression. I think it has lessons for how to look at situations for us all, but you can either read this as a self help book, or actually follow the exercises to treat yourself for depression or anxiety.

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### **Kholoud says**

How can i read from here?

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### **Anna Rogovets says**

Nice guide with simple but powerful exercises for making your life better and more conscious

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### **Indra Pal says**

i love this clinician guide book to understand and help to patients

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### **Richard Schwindt says**

This book has staying power. I was recommending it twenty-five years ago and I recommend it now. It is written at a level that works for someone who has difficulty with technical books but it isn't insulting to those who are well educated. This is important since there are stacks of them out there and therapists "prescribe" it

to many. The final piece - the thought record - is a valuable tool that can be used for any difficult emotion, though the book is primarily directed towards those suffering from depression. Not everybody takes to cognitive therapy and some suffering from depression can't summon the memory and concentration to the tasks within but I tell my clients that this book rewards perseverance. Have a look; the beauty of cognitive approaches is that they can be used over a lifetime. While I have no problem with a client who with their doctor decides to go with meds, this book remains valuable and has no known side effects.

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### **Heather says**

good book to tuck away if my children or friends need a mood lift. I mostly flipped through chapters but I feel like the teaching is universal on anxiety, depression and teaching you not only to eat a hungry fish but to be able to fish yourself for life.

enjoyed the distraction / overcoming avoidance

find the evidence

etc.

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