

COGNITIVE AND BEHAVIORAL TREATMENT:

Methods & Applications



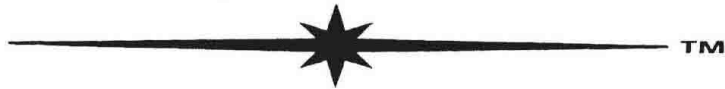
University of Texas, Arlington

EDITED BY: DONALD K. GRANVOLD

Cognitive and Behavioral Treatment *Methods & Applications*

Edited by Donald K. Granvold
University of Texas, Arlington

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*Dedicated to the memory of my father,
Colburn Granvold, who by personal
example taught humility, unconditional
regard for others, and dedication to
hard work. Although our work worlds
were divergent, his supportiveness and
appreciation of my career were always
obvious. Thanks, Dad.*

Preface

Mental health practitioners are continually challenged to provide efficient, effective, and resilient treatment. Behavioral methods have long been established as psychotherapeutic procedures that are effective in treating a wide range of problems and populations. A recent shift in focus has shown that cognitive therapy is also effective in the treatment of various psychological disorders. Integrating these methodologies produces powerful therapeutic approaches to various clinical phenomena, including cognitive, behavioral, emotional, physical, physiological, and environmental factors.

This book is useful across disciplines and is appropriate not only for graduate students but also for experienced clinicians in the rapidly expanding field of cognitive-behavioral therapy. The contributions cover conceptual bases, intervention methods, and methods applied to selected populations and problems.

In Chapters 1 and 2, current cognitive and behavioral theory and methods are fully described. In the next fourteen chapters, collaborators from diverse backgrounds discuss applying cognitive and behavioral methods to an array of traditional and nontraditional populations. The final chapter is devoted to

such critical practice issues for effective cognitive-behavioral treatment as current information on cognitive assessment, the transfer of treatment effects to the client's natural environment, and relapse prevention.

The application chapters contain highly practical, skills-oriented methods for intervention. The diversity of the authors' practice orientations is reflected in their methods and in how they are combined. The application of methods to selected populations and problems is uniquely tailored to emphasize the flexibility of cognitive-behavioral treatment. Current procedures are presented practically, with empirical support. Case examples throughout the text clearly display intervention procedures.

ACKNOWLEDGMENTS

Many people deserve recognition for their contributions to this book. First, I acknowledge the tremendous contributions to the field by Albert Ellis, Aaron Beck, B. F. Skinner, Albert Bandura, Michael Mahoney, and Arthur Freeman. Although countless others

have produced noteworthy work, these scholar-clinicians have most influenced my practice orientation and clinical skills, and I am sure that the effects of their influence are highly visible throughout this volume. I am also deeply grateful to the contributors for the time and energy it took them to share their expertise. All have thoughtfully and in great detail demonstrated the versatility of their approaches to cognitive-behavioral treatment. Sincere thanks go to Jo Ann Stevenson, who went above and beyond the call of duty in preparing the manuscript, and to Peggy Adams, for her early support and encouragement. Working with the staff at Brooks/Cole has been a great pleasure: thank you, Claire Verduin, Gay Bond, Penelope Sky, Bill Waller, Karen Wootten, and Sharon Kinghan.

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I thank my family and the friends who have felt the sacrifices that are required by a project such as this. And I am grateful to the graduate students at the University of Texas at Arlington who have challenged me and offered support, and to my clients who, during the past 25 years, have allowed me to learn the actual practice of cognitive-behavioral therapy.

Donald K. Granvold

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Cognitive and Behavioral Treatment

Methods and Applications

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