



Cognitive Behavioral Group Therapy: Challenges and Opportunities

Ingrid Sochting

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With coverage of the latest theory and research, this is a complete guide to implementing cognitive behavioral group therapy for practitioners and trainees in a range of mental health disciplines.

- Presents evidence-based protocols for depression, panic, social anxiety, generalized anxiety, posttraumatic stress, OCD, compulsive hoarding, psychosis, and addiction
- Provides innovative solutions for achieving efficient, effective therapy as mandated by emerging health care priorities, as well as trouble-shoots for common problems such as dropouts
- Details unique strategies for working with ethnic minorities and clients across the age spectrum, along with material on mindfulness augmentation and transdiagnostic approaches
- Includes clear, accessible instructions, complete with references to DSM-5 diagnostic changes, real-life clinical examples, and group session transcripts

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