



The CBT Toolbox: A Workbook for Clients and Clinicians

Jeff Rigenbach

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Theoretically sound, yet practical and easy-to-use, *The CBT Toolbox* guides you through evidence-based exercises to help navigate the road to recovery. For a client's use on their own or for use in a therapeutic setting, this book will teach how to overcome unhealthy life patterns, providing fresh and proven approaches to help:

- * identify triggers for a variety of psychological problems
- * create step by step plans to improve self-worth
- * dismiss dysfunctional thinking
- * track and monitor anger
- * find calm in stressful situations
- * break destructive patterns in toxic relationships
- * defeat depression

Cognitive Behavior Therapy (CBT) is the most empirically-supported form of treatment for a broad range of psychological problems. *The CBT Toolbox* is not a "one strategy first all" book. Rather, you will receive exercises that integrate research with practical application for specific symptom sets with the necessary depth to create meaningful change.

The CBT Toolbox will provide you with effective and easy-to-use tools for:

- * Anxiety
- * Depression
- * Impulsive and Destructive Behaviors
- * Problems Solving
- * Toxic Relationships
- * Stress Management
- * and much more

"Rigenbach has combined his understanding of CBT with a broad range of clinical experience with patients experiencing a number of different life problems. Using many clear clinical examples, he moves easily between theory, conceptualization, treatment planning, and the application of CBT techniques. The result is a clinically valuable book that is useful for the experienced therapist or the novice therapist wanting to gain expertise in CBT. It is well-written, user-friendly, and filled with the information and ideas that can only come from an expert clinician."

Arthur Freeman, EdD, ScD, ABPP, Executive Program Director of Clinical Psychology, Midwestern University "A valuable and practical guide that will show you how to use the CBT model and techniques to help clients with a variety of problems including self-esteem issues, stress, codependency, depression and anxiety. Clear, accessible and easy-to-read, this workbook presents each problem in terms of the characteristic thinking patterns, feelings and behaviors of the client. Effective and practical tools including reproducible forms and handouts are provided to facilitate healing. Whether you are familiar with or new to CBT, this workbook is highly recommended."

John Ludgate, PhD, Founding Fellow of the Academy of Cognitive Therapy and Author of *Heal Yourself: A CBT Approach to Reducing Therapist Distress and Increasing Therapeutic Effectiveness*

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Miriam Ellis:

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Chad Wood:

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