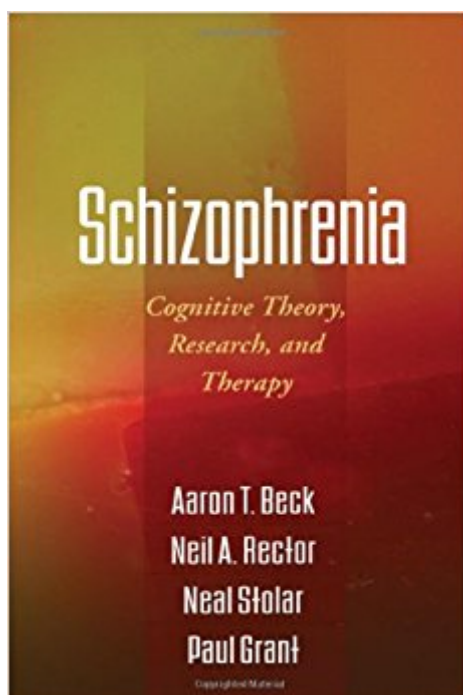


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# Schizophrenia: Cognitive Theory, Research, And Therapy



## Synopsis

From Aaron T. Beck and colleagues, this is the definitive work on the cognitive model of schizophrenia and its treatment. The volume integrates cognitive-behavioral and biological knowledge into a comprehensive conceptual framework. It examines the origins, development, and maintenance of key symptom areas: delusions, hallucinations, negative symptoms, and formal thought disorder. Treatment chapters then offer concrete guidance for addressing each type of symptom, complete with case examples and session outlines. Anyone who treats or studies serious mental illness will find a new level of understanding together with theoretically and empirically grounded clinical techniques.

## Book Information

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## Customer Reviews

"Synthesizing research on the psychology and biology of schizophrenia, Beck et al. show how a cognitive approach can be used to understand and treat even the most severely ill patient. This book is a masterpiece that challenges conventional thinking and describes one of the most exciting developments in psychiatry today. It is essential reading for all mental health professionals."--Richard Bentall, PhD, Professor of Clinical Psychology, University of Bangor, UK  
"This volume offers a window into the world of an individual with schizophrenia by revealing how disturbed neurobiology can cause normal thought processes to evolve into psychosis. The authors describe how both clinicians and patients can better understand schizophrenia symptoms using CBT--and how the process of doing so can be powerfully therapeutic."--Stephen R. Marder,

MD, Professor and Director, Section on Psychosis, Semel Institute, UCLA "Beck and his colleagues have done it again! This book is simply outstanding. It begins with a very clear and insightful overview of our scientific understanding of the etiology of schizophrenia, offers detailed analyses of the cognitive underpinnings of psychotic symptoms, and then outlines specific approaches for tailoring cognitive techniques to treat these symptoms. Unlike many authors who address schizophrenia treatment, Beck et al. clearly link science with treatment strategies. I plan to use this book as the primary text in my seminars on clinical treatment."--Elaine F. Walker, PhD, Samuel Candler Dobbs Professor of Psychology and Neuroscience, Emory University "The time has assuredly come for all clinicians working with persons with schizophrenia to become well acquainted with cognitive therapy for psychosis. Beck's decades of experience and wisdom are clearly reflected in this book. The cognitive conceptualizations of delusions, hallucinations, negative symptoms, and formal thought disorder are especially compelling and will provide critical new insights for both trainees and seasoned clinicians. This is an important addition to the library of any clinician committed to supporting recovery in persons with schizophrenia."--Shirley M. Glynn, PhD, Research Psychologist, Department of Psychiatry and Biobehavioral Sciences, Semel Institute for Neuroscience and Human Behavior, UCLA "Beck et al. have written the rare book that succeeds in wedding theory, research, and practice into a cohesive conceptual framework. The book provides an integrated theoretical model that accounts for the disparate symptoms of schizophrenia. These theoretical foundations are complemented by excellent, detailed clinical guidelines, vignettes, sample dialogues, and useful tools. An outstanding resource for researchers and clinicians who want to better understand the role of cognitive factors in schizophrenia and its treatment."--Kim T. Mueser, PhD, Center for Psychiatric Rehabilitation and Department of Occupational Therapy, Boston University "Many of the puzzling and vexing symptoms of schizophrenia are largely untouched by existing psychosocial and psychopharmacological treatments. Beck and his colleagues present an integrated, empirically based theory of the disorder which provides the foundation for identifying effective therapeutic strategies. Logically presented, scholarly, and generously illustrated with case examples, this book will serve as a practical guide for practitioners seeking to improve their effectiveness, as well as program leaders seeking to augment the continuum of care for this population. I strongly recommend this text for graduate and professional training programs in psychiatry, clinical psychology, social work, psychiatric nursing, and psychiatric rehabilitation."--Gary R. Bond, PhD, Chancellor's Professor of Psychology, Indiana University-Purdue University Indianapolis "This is the most comprehensive and yet lucidly written book on cognitive theory and therapy of schizophrenia I have ever read. That's no surprise,

given that Beck pioneered the development of cognitive-behavioral therapy for schizophrenia. What is remarkable here is the optimal balance between breadth (from biology and pharmacology to psychology and social services) and depth (detailed understanding of cognitive deficits and their treatment). The book is 'must' reading for anyone interested in schizophrenia, from the pre- or postdoctoral student to the teacher, clinician, or researcher. Everyday case examples and direct quotes from actual therapy sessions, combined with relevant rating scales, research findings, and a detailed bibliography, make this volume a one-stop source for all the necessary information in this area."--Dilip V. Jeste, MD, Distinguished Professor of Psychiatry and Neurosciences, University of California, San Diego

"This book represents a major advance in the application of cognitive theory and therapy. It is fitting that the founder of cognitive therapy is now pioneering its use with people with schizophrenia, who were once thought to be virtually untreatable. The authors provide a groundbreaking integration of neurobiological and cognitive-behavioral approaches to understanding the disorder and improving patients' lives. Unique contributions of the book include the descriptions of cognitive distortions and cognitive triads specific to schizophrenia and the development of cognitive models of thought disorder and negative symptoms, which have been neglected until now."--Tony Morrison, ClinPsyD, Professor of Clinical Psychology and Associate Director of Early Intervention, University of Manchester, UK

"This book manages something that none has yet achieved: it provides an authoritative, measured, clear, and up-to-date overview of a huge breadth of material, whilst giving sufficient depth to leave the reader satisfied that they know enough to inform on good clinical practice....The clear writing style helps the reader get to grips with some of the complexities of the neuroanatomy and neurochemistry of the disorder, something that I have often found rather less transparent in other sources....I recommend this book wholeheartedly to all clinicians with an interest in the cognitive theory and/or therapy of schizophrenia. It is an invaluable summary of the current state of the art." (Journal of Behavioural and Cognitive Psychotherapy 2011-03-16)

"This book, like others written by Beck, provides a thoughtful integration of research, theory, and wisdom gained from many years of practice. It provides the reader with a solid conceptual understanding of the phenomenology and factors associated with the development and course of schizophrenia....Beck and associates have produced a very thoughtful and timely work that brings together research, theory, and practice elements from a number of areas....One of the primary strengths is the extent to which the authors have integrated cognitive and biological science in their formulations of the symptom clusters and in their integrative theory of schizophrenia. The theoretical chapters provide the reader with an excellent review and critique of the research on cognitive functioning, neurobiology, and psychophysiology of schizophrenia." (Social Service

Review 2011-03-16)"This book is a thoughtful, well-documented attempt to provide both a theoretical rationale and a set of useful tools for the therapeutic encounter with a still mysterious and troubling illness." (MIWatch.org 2011-03-16)"The major achievement of [this book]...can...be seen in the integration of cognitive-behavioral and biological knowledge into a conceptual framework. This is achieved by comprehensively examining various domains of research on the origins, development, and maintenance of key symptoms....Four detailed chapters provide cognitive conceptualizations of delusions, hallucinations, negative symptoms, and formal thought disorder. These conceptualizations reflect the careful thinking of talented clinicians who have immersed themselves in their subject and achieved valuable insights....The chapters on treatment....Offer concrete and detailed guidance for addressing each type of symptom, complete with case examples. They reflect the authors' considerable experience disseminating this therapeutic approach and I expect even experienced clinicians to find them extremely helpful....It is fascinating to be reminded in this book of how much research in schizophrenia has expanded over the last decades. By bringing together a lot of this research and generating new ideas, this book is sure to add to further major developments in our ideas about schizophrenia." (Journal of Psychosomatic Research 2011-03-16)"Therapists and psychiatrists will discover many approaches that will be useful in working with patients with psychosis in a variety of settings and situations beyond the formal cognitive therapy session....This rich and powerful book will be valuable to anyone in the field of mental health who works with people with psychotic disorders and who would like to be able to do more to help them." (American Journal of Psychiatry 2011-03-16)"In its 14 chapters, the reader is treated to not only a detailed presentation of cognitive therapy and practice in schizophrenia, but also a rich overview of the disorder and current biological models that conceive of cognitive deficits as the central core of schizophrenic psychopathology....The authors make a persuasive case that, when used in conjunction with pharmacotherapy, cognitive therapy could become a key ingredient in offering hope and recovery to many patients with schizophrenia." (Psychological Medicine 2011-03-16)"For graduate students, residents, current practitioners, and others seeking a single body of work to deepen their understanding of schizophrenia and treatment approaches benefiting those affected by the syndrome, [this book] is made to order....The authors are recognized leaders in promoting the cognitive model of schizophrenia and its treatment. Yet, this book goes well beyond the model by providing a concise, historic overview of how schizophrenia has been conceptualized and addressed and how contemporary biological knowledge can be integrated with the cognitive model to address this serious disorder....In developing this book, the authors clearly set a high bar with an ambitious set of objectives: providing a historical overview of schizophrenia; describing the

syndrome's etiology; synthesizing theory, research, and practice; offering cognitive and biological perspectives; and providing practical advice to treatment providers. In each instance, the book has met the challenge. It is recommended for professionals across health disciplines as well as others interested in state-of-the-art treatment approaches to schizophrenia." (Psychiatric Services 2011-03-16)"A comprehensive volume that is a guide to learning and applying cognitive therapy to schizophrenia. This fills a critical gap....It is exceptional in that it is filled with clinical insights and suggestions based on experience....The book is also exceptional in its clarity and depth of coverage....This book will stand as a classic leading to a generation of therapists able to bring hope and clinically important help to those suffering from schizophrenia. Beck and colleagues have completed the circle from a tantalizing case study over 50 years ago to a well formulated guide to understanding psychotic symptoms and applying cognitive therapy." (Cognitive Behavioral Therapy Book Reviews 2011-03-16)"The book offers detailed guidance for formulating individual cases and tailoring cognitive and behavioral interventions to meet each patient's needs....Combining cognitive therapy and pharmacotherapy, the book provides valuable advice on engaging patients who may be fearful or suspicious. It is a comprehensive and convincing reference for practitioners, including clinical psychologists, social workers, psychiatrists, psychiatric nurses, rehabilitation specialists, and graduate students." (Schizophrenia Magazine 2011-03-16)"Interesting, clearly written, and filled with thought-provoking and useful information, this text is an excellent resource for clinicians wanting to understand cognitive theory and techniques and their use in the treatment of individuals with psychosis. Concepts are presented to provide accessibility to clinicians specializing in psychosis but less familiar with cognitive techniques as well as clinicians well-versed in the use of cognitive techniques but with less experience treating people with psychotic symptoms. Aaron Beck, a pioneer in defining cognitive treatment of depression and anxiety, is in a unique position to elucidate differences and similarities between using cognitive treatment in psychosis and in more traditional diagnoses....A valuable resource that practitioners will find themselves using frequently in their work." (Psychiatric Rehabilitation Journal 2011-03-16)

Aaron T. Beck, MD, is the founder of Cognitive therapy, University Professor Emeritus of Psychiatry at the University of Pennsylvania, and President Emeritus of the Beck Institute for Cognitive Behavior Therapy. Dr. Beck is the recipient of numerous awards, including the Albert Lasker Clinical Medical Research Award, the American Psychological Association (APA) Lifetime Achievement Award, the American Psychiatric Association Distinguished Service Award, the Robert J. and Claire Pasarow Foundation Award for Research in Neuropsychiatry, and the Institute of Medicine's

Sarnat International Prize in Mental Health and Gustav O. Lienhard Award. Neil A. Rector, PhD, is Director of Research, Department of Psychiatry, Sunnybrook Health Sciences Centre, Toronto, and Associate Professor of Psychiatry, University of Toronto. He is a Founding Fellow of the Academy of Cognitive Therapy and an editorial board member of several cognitive therapy journals, and conducts research on cognitive mechanisms and cognitive therapy treatments for psychiatric disorders. Dr. Rector has an active clinical practice and is also involved in training and supervision. Neal Stolar, MD-PhD, is a Medical Director and Director of the Cognitive Therapy for the Treatment of Psychosis Special Project at Project Transition in the Philadelphia area; a psychiatric consultant for Creative Health Services and Penn Behavioral Health; a researcher at the University of Pennsylvania's Psychopathology Research Unit and Schizophrenia Research Center; and in private practice. Dr. Stolar is a Founding Fellow of the Academy of Cognitive Therapy. He has lectured internationally on cognitive therapy of schizophrenia. Paul Grant, PhD, is Director of Schizophrenia Research and a Fellow in the Psychopathology Research Unit, Department of Psychiatry, University of Pennsylvania. Dr. Grant's research interests include cognitive psychopathological models of positive and negative symptoms as well as cognitive therapy of schizophrenia. He is the author of several journal articles and book chapters.

Let's be clear, this is a book not written for the lay person. This is a serious clinical text, and it is on the cutting edge of schizophrenia treatment. This book does an amazing job of advancing the idea that there are therapeutic steps that can be taken, aside from/in addition to psychotropic medication. Unfortunately, this is not as widely-held an idea as perhaps it should be, and I point those who make the argument that "nothing but meds work" towards this book (as well as another by Kingdon and Turkington, though this one is more up to date). This book does well to point out the research on the heterogeneous factors for underlying etiology of the disorder, as well as clear cognitive conceptualizations for many of the most common symptoms (delusions, hallucinations, etc.). In addition, it provides guidelines for how one might begin to conduct therapy with this population. If you are to pick up one book on the treatment of this horrid disorder, this is the one to get.

Beck et al. not only provide an excellent, clinically oriented assessment of CBT, but they also provide an incredible discussion on the pathology, etiology, & neuropsychiatry of schizophrenia that I've never before seen. It is clear, concise, and very easy to understand. Other authors tend to get wrapped up in the minutia of neuropsychiatry, but not these! I was amazed at how much better I understood schizophrenia after reading just the first few opening chapters.

Current research and theory were well integrated into a format for clinical treatment. This book is theoretically sound, but readable and useful as a reference.

As one would expect from Dr. Beck, a real work of genius and a great addition to advanced recovery-focused work with this interesting population!

This is a very technical book. Almost like a textbook in med school. Not for basic-intermediate information about the disease.

Transaction was smooth, product exactly as described.

Very systematic & clearly presented material.

as advertised

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