

GENERAL PRINCIPLES
AND EMPIRICALLY
SUPPORTED
TECHNIQUES OF

Cognitive
Behavior
Therapy

Edited by

William O'Donohue
Jane E. Fisher

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GENERAL
PRINCIPLES AND
EMPIRICALLY
SUPPORTED
TECHNIQUES OF
COGNITIVE
BEHAVIOR
THERAPY


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PREFACE

This book includes introductory material (the first five chapters) so that the reader can gain both a general overview of CBT as well as gain a general understanding of some of the basics of cognitive behavior therapy. The first chapter provides a brief history of cognitive behavior therapy and presents some of its current and future challenges. A key problem is that cognitive behavior therapy was based on learning research and other research in experimental psychology, but now the ties to this research are much looser and indirect. This might have certain costs that are not properly realized. The second chapter covers assessment issues in cognitive behavior therapy, focusing on functional analysis. This chapter introduces and explains much of the basic terminology that the student needs to understand to properly understand CBT, such as contingency, schedule of reinforcement, functional relationship, and so forth. The third chapter provides an overview of some of the evidence base for CBT. CBT is different than many other forms of psychotherapy in that its appeal is not based solely on its conceptual attractiveness but upon scientific studies of its outcomes. This puts CBT in the camp of “evidenced based practice,” an important quality improvement development in healthcare. This is not to say CBT is a “done deal”; there is always more evidence to collect regarding outcomes and processes involved in CBT. We are at the beginnings of our research agenda, not at the end. The next chapter covers cultural issues in the implementation of CBT. CBT attempts to develop regularities but countenances the fact that each client has a unique history and present circumstance and thus it is part of the clinician’s job to understand the relevance of this and make