

# Making Cognitive-Behavioral Therapy Work

Clinical Process for New Practitioners

SECOND EDITION

Deborah Roth Ledley  
Brian P. Marx  
Richard G. Heimberg



THE GUILFORD PRESS  
New York      London

## About the Authors

**Deborah Roth Ledley, PhD**, is a psychologist in private practice at the Children's Center for OCD and Anxiety in Plymouth Meeting, Pennsylvania. From 2001 to 2005, she was Assistant Professor of Psychology in Psychiatry at the University of Pennsylvania School of Medicine, where she was also a faculty member at the Center for the Treatment and Study of Anxiety. Dr. Ledley's scholarly publications include articles and book chapters on the nature and treatment of social anxiety disorder, obsessive-compulsive disorder, and other anxiety disorders. She is coeditor of *Improving Outcomes and Preventing Relapse in Cognitive-Behavioral Therapy*, coauthor of the *Wiley Concise Guides to Mental Health: Anxiety Disorders*, and author of *Becoming a Calm Mom: How to Manage Stress and Enjoy the First Year of Motherhood*.

**Brian P. Marx, PhD**, is a staff psychologist at the National Center for PTSD, VA Boston Healthcare System, and Associate Professor of Psychiatry at Boston University School of Medicine. Dr. Marx has published numerous articles and book chapters on behavior therapy and assessment. His research interests include the association between posttraumatic stress disorder and functional impairment, identifying risk factors for posttraumatic difficulties, and developing brief, efficacious treatments for posttraumatic stress disorder.

**Richard G. Heimberg, PhD**, is David Kipnis Distinguished Faculty Fellow and Professor of Psychology at Temple University in Philadelphia, where he also serves as Director of the Adult Anxiety Clinic. He is past president of the Association for Behavioral and Cognitive Therapies as well as former

editor of the association's journal *Behavior Therapy*. Dr. Heimberg is well known for his efforts to develop and evaluate cognitive-behavioral treatments for social anxiety and generalized anxiety disorder and has published more than 300 articles and chapters on these and related topics. He is coeditor or coauthor of several books, including *Social Phobia: Diagnosis, Assessment, and Treatment*; *Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach*; *Cognitive-Behavioral Group Therapy for Social Phobia: Basic Mechanisms and Clinical Strategies*; *Generalized Anxiety Disorder: Advances in Research and Practice*; and *Improving Outcomes and Preventing Relapse in Cognitive-Behavioral Therapy*.

# Acknowledgments

We would like to thank all the wonderful people at The Guilford Press for their hard work on *Making Cognitive-Behavioral Therapy Work: Clinical Process for New Practitioners*, in particular, Barbara Watkins, Senior Editor, for her contributions to the first edition, and Jim Nageotte, Senior Editor, and Jane Keislar, Senior Assistant Editor, for their contributions to the second edition. Thank you also to Louise Farkas, Senior Production Editor, Katherine Lieber, Senior Copywriter, and Joi Rowe, Marketing Associate.

We would also like to thank all of our mentors and students over the years who helped us to develop our skills as cognitive-behavioral therapists. And of course, thank you to our clients, who keep our work interesting and challenging.

# Contents

CHAPTER 1	Introducing Cognitive–Behavioral Process	1
CHAPTER 2	Initial Interactions with Clients	21
CHAPTER 3	The Process of Assessment	38
CHAPTER 4	Conceptualizing the Case and Planning Treatment	64
CHAPTER 5	Giving Feedback to Clients and Writing the Assessment Report	81
CHAPTER 6	Starting the Cognitive–Behavioral Treatment Process	108
CHAPTER 7	Dealing with Initial Challenges in Cognitive–Behavioral Therapy	134
CHAPTER 8	The Next Sessions: Teaching the Core Techniques	168
CHAPTER 9	Managing Client Noncompliance in Cognitive–Behavioral Therapy	183
CHAPTER 10	Terminating Therapy	214
CHAPTER 11	The Process of Supervision	234

xii Contents

EPILOGUE	Continuing to Grow as a Cognitive-Behavioral Therapist	253
APPENDIX A	Recommended Readings in Cognitive-Behavioral Therapy	259
APPENDIX B	Suggested Journals, Websites, and Other Resources	275
	References	277
	Index	283