



# ROWMAN & LITTLEFIELD

## Cognitive-Behavioral Therapy Theory into Practice By Adam M. Volungis

**COMING SOON!**

25% DISCOUNT OFF LIST PRICE

PLEASE ORDER USING THIS CODE: RLFANDF25

9781442274099 ◦ Hardback ◦ ~~\$110.00~~/ \$82.50 ◦ 9781442274105 ◦ Paper ◦ ~~\$55.00~~/ \$41.25

9781442274112 ◦ eBook ◦ ~~\$52.00~~/ \$39.00

380 pages, 6 x 9 inches, August 2018

<https://rowman.com/ISBN/9781442274105>

“This is a clearly written text that includes many concrete case examples and therapist-patient dialogues. It will serve as a valuable resource and guide for any student and trainee in clinical psychology and counseling.”

— Stefan G. Hofmann, Ph.D., professor of Psychology, Boston University

“This book is a wonderful addition to the basic texts teaching CBT. It uses video, vivid clinical examples and learning exercises which would make it ideally suited as a classroom text.”

— Diane M. Sudak, MD, president, American Association of Directors of Psychiatric Residency Training, and professor of Psychiatry, interim director of Training, and director of Psychotherapy Training, Drexel University

“Graduate psychology students and psychiatric residents in particular (as well as their instructors) will be well-served by its logical organization and completeness. I am looking forward to using it with our trainees.”

— Robert Carey, PhD, ABPP, associate clinical professor, University of Massachusetts Medical School

“Volungis clearly explains both the science and art of conducting CBT...It is an excellent resource for graduate students and experienced professionals who want to provide excellent CBT for their clients.”

— Leonard A. Doerfler, PhD, professor and director, Counseling Psychology Program, Assumption College

*Cognitive-Behavioral Therapy* provides a formal translation of CBT theory into practice by addressing how to apply core competencies for therapists/psychologists serving mental health clients. Designed for graduate students in training and mental health professionals who want to learn the basic foundations of applied CBT, this book is also an invaluable resource for those experienced practitioners looking to improve their skills. Although every mental health disorder has its own idiosyncratic treatment approach, this book provides a thorough review of the most common and pertinent CBT skills necessary for most clients encountered in practice, from establishing a sound therapeutic alliance and structuring sessions to modifying negative automatic thoughts and behavioral exposure. Chapters include therapist-client therapy dialogue vignettes, hours of supplemental videos, discussion questions, activities, tables, and figures.

**Adam Volungis** is a counseling psychologist and assistant professor in the Clinical Counseling Psychology Program at Assumption College. He has been a licensed therapist for 10+ years working with a variety of populations using CBT, and he has been published in several journals, including *The Counseling Psychologist*.

**ORDER FORM**

(billing in U.S. dollars)

*Please send me the following book right away:*

ISBN	Title	Price	Qty.	Cost
9781442274099	<b>Cognitive-Behavioral Therapy</b> (Hardback)	Retail: \$110.00 After discount: <b>\$82.50</b>		
9781442274105	<b>Cognitive-Behavioral Therapy</b> (Paper)	Retail: \$55.00 After discount: <b>\$41.25</b>		

Promo Code\*

**RLFANDF25**

Shipping Costs are estimated below.

Call customer service for exact pricing

CA, CO, CT, IL, MD, ME, NC, NJ, NY, OH, PA, and TX residents:  
add applicable sales tax; Canada residents: add all applicable Canadian taxes**Total**

- **eBooks cannot be pre-ordered**; when the eBook is available at rowman.com, you may order online and use the discount.
- **Promotional price on books** is for U.S. orders only. Offer may not be combined with other offers.  
**Shipping and handling: U.S.:** \$5 first book, \$1 each add'l book; **Canada:** \$6 first book, \$1 each add'l book; **Int'l:** \$10.50 first book, \$6.50 each add'l book
- Rowman & Littlefield Publishing Group offers **special discounts for bulk purchases** in the United States by corporations, institutions, and other organizations. For more information, please call customer service at 1-800-462-6420 ext. 3024 (ask for Christy Hudak or Michele Sims) or email [special.sales@rowman.com](mailto:special.sales@rowman.com).
- All orders from individuals must be prepaid / Prices are subject to change without notice

**WAYS TO ORDER:**Go to [www.rowman.com](http://www.rowman.com)

Call toll-free: 1-800-462-6420 / Fax this order form toll-free to: 1-800-338-4550

Or mail this order form to:

Rowman &amp; Littlefield, 15200 NBN Way

P.O. Box 191

Blue Ridge Summit, PA 17214-0191

Please check:  Mastercard  Visa  Amex Personal check (make payable to Rowman & Littlefield)

Credit Card #: \_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature: \_\_\_\_\_

<b>BILLING AND SHIPPING ADDRESS:</b>	
Name	
Institution	
Street	
City, State, Zip	
Country	
Phone	