

**Treatment Plans and Interventions for Depression and Anxiety Disorders,
Second Edition**

Robert L. Leahy, Stephen J. F. Holland, & Lata K. McGinn

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Treatment Plans and Interventions for Depression and Anxiety Disorders (Leahy, Holland, & McGinn, Guilford Press, 2012) presents a gift to the mental health field. It is an excellent resource for practitioners, academics, and students of Cognitive Behavioral Therapy, offering everything one needs to know about treating the major anxiety and mood disorders in one practical volume. Through every chapter, the appendices, and the CD-ROM, the authors go the extra mile to ensure comprehensive research coverage; explicate practical applications; and provide more than the standard collection of therapist tools, forms, and assessments.

The authors provide current, far-reaching research on each disorder in accessible, engaging language. Rather than emphasizing only one CBT approach, they review a range of treatment approaches (e.g., cognitive, behavioral, acceptance-based) within CBT for each disorder. They then compile every resource clinicians need at their fingertips to comprehensively assess and treat clients with a range of anxiety and mood disorders. The reproducible assessment forms and clinical hand-outs and worksheets alone make the book worth purchasing, but the authors offer so much more. Other features include case examples, forms for record keeping, guides for report writing, updated information on psychotropic medications, and a CD-ROM for creating individualized treatment plans and generating additional copies of forms. The content not only describes basic cognitive and behavioral intervention elements but includes rich, step-by-step, disorder-specific approaches. Detailed approaches to working with problem-specific faulty cognitions are also provided. The authors balance their exhaustive volume with a clear writing style and format that allows readers to quickly reference only what sections might be needed for a given case; securing a copy of this book is like retaining Leahy, Holland, and McGinn as expert consultants, always at arm's reach.

I not only use *Treatment Plans and Interventions for Depression and Anxiety Disorders* regularly in practice myself, but when I read it I immediately switched to this text for my graduate level CBT course – and my students all thanked me! I have never read such an all-inclusive and accessible volume on treatment approaches that will serve the majority of clients most CBT clinicians encounter. I give it my highest recommendation, and I laud the authors for the labor they devoted to this work – a work that promises to make life easier for clinicians while improving their understanding of CBT principles and the quality of their evidence-based practices.

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