

**Cognitive Behavior Therapy: Basics and Beyond (Second Edition)**

Judith Beck

Guilford Press ([www.guilford.com](http://www.guilford.com)) 2011, 391 pages, (Hardcover). List price: \$50.00

The second edition of Cognitive Therapy: Basics and Beyond by Dr. Judith Beck is a welcome and outstanding guide for students interested in learning the fundamentals of cognitive behavioral therapy (CBT) and should be required reading for any professional program (e.g., psychology, psychiatry, social work, nursing) interested in developing CBT clinicians and advancing knowledge of the field. The book is also for experienced therapists who want to refresh themselves with key concepts and refine their skills.

The text covers all aspects of treatment including cognitive conceptualization, structuring sessions and specific skills and strategies. There are several useful worksheets employed in standard CBT practice (i.e., activity chart, dysfunctional thought record, and cognitive conceptualization form) that clinicians will find helpful. In this edition, Dr. Beck incorporates important research findings emerging from the field over the past fifteen years. She includes new chapters related to the goals and structure of the evaluation session and one on behavioral activation. In the appendix, Dr. Beck provides an in-depth cognitive therapy case write-up and has added the Cognitive Therapy Rating Scale which is a measure used in major research studies. The scale will be particularly useful to any clinical training program interested in gauging trainee's progress towards competency.

Throughout the volume, Dr. Beck uses the example of Sally, a freshman college student who suffers from depression, to illustrate core CBT principles and strategies. Dr. Beck employs therapist-patient dialogues throughout to explicate central concepts and impart skills. The dialogues are rich with clinical examples and depict a step by step process that helps the reader digest basic as well as sophisticated material. For example, beginning students may catch on rather quickly in learning how to structure sessions. However, they often find it challenging to master the Socratic dialogue to uncover key cognitive processes. With the use of role plays and dialogues, Dr. Beck adeptly teaches a range of basic to advanced skills.

Dr. Beck suggests that novices to CBT use the techniques presented in the book before applying them with patients. Given that the text is replete with tools, the reader is easily able to follow Dr. Beck's advice and practice CBT basics. The final chapter is related to progressing as a cognitive behavior therapist. In it, Dr. Beck delivers some advice including recording sessions and reviewing them with a supervisor or colleague, seeking opportunities for training at the Beck Institute for Cognitive Therapy, and joining and becoming certified through the Academy of Cognitive Therapy.

To end at the beginning, Dr. Beck dedicates her work to her esteemed mentor, colleague, and father, Dr. Aaron Beck. Now students, clinicians, and educators acknowledge Dr. Judith Beck

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for her latest contribution to the field and continuing the important work her father started over forty years ago.

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