



Roadblocks in Cognitive-Behavioral Therapy: Transforming Challenges into Opportunities for Change

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Why do standard, evidence-based interventions fail to work for certain clients or in certain situations? What tools do cognitive-behavioral theory and therapy offer for managing difficult cases? This cutting-edge volume brings together an array of leading practitioners to address these and other critical questions that are often overlooked in the CBT literature. Each research-based chapter addresses a specific kind of "roadblock," exploring how and why it arises and suggesting effective, practical solutions. Topics include overcoming obstacles in the treatment of specific disorders, new directions in case conceptualization, working with emotional and metacognitive processes, and applications to couple and family therapy.

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