



# Cognitive-Behavioral Strategies in Crisis Intervention, Second Edition

*Arthur Freeman*

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# Cognitive-Behavioral Strategies in Crisis Intervention, Second Edition

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## **Cognitive-Behavioral Strategies in Crisis Intervention, Second Edition** Arthur Freeman

Now in its revised and expanded second edition, this comprehensive text brings together leading cognitive-behavioral practitioners to describe effective interventions for a broad range of crisis situations. From panic disorder, Cluster B personality disorders, and suicidal depression, to substance abuse, rape, sexual abuse, family crises, natural disasters, medical problems, and problems of older adults, the book presents proven short-term approaches to helping patients weather the immediate crisis and build needed coping and problem-solving skills. Throughout, extensively revised and updated chapters incorporate new research and innovative therapeutic methods. Entirely new chapters cover such timely topics as neurological problems and head injury, youth crisis in the schools, divorce-related crises, critical incident stress debriefing, and secondary trauma experienced by the therapist. Chapters have been uniformly structured to provide readers with a solid review of the literature in each area, as well as case vignettes illustrating the use of specific techniques. Also included is an invaluable discussion of ethical and legal issues in crisis intervention.

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