



# Problem-Solving Therapy: A Treatment Manual

By Arthur M. Nezu PhD ABPP, Christine Maguth Nezu PhD ABPP, Thomas D'Zurilla PhD

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**Problem-Solving Therapy: A Treatment Manual** By Arthur M. Nezu PhD ABPP, Christine Maguth Nezu PhD ABPP, Thomas D'Zurilla PhD

*Problem-Solving Therapy: A Treatment Manual* is a laudable and distinctive resource that contributes to contemporary and exemplary psychotherapy in a big way."--**New England Psychologist**

Through *Problem-Solving Therapy: A Treatment Manual*, Nezu and colleagues offer an excellent manual that has the potential to help a wide range of individuals cope with life's challenges. This book is an invaluable addition to any practicing psychologist's bookshelf."--**PsycCRITIQUES**

Problem-solving therapy (PST) has been increasingly used to treat a variety of health and mental health problems due to its flexibility and proven effectiveness. This text, written by the co-developers of PST, is a comprehensive and detailed manual of how to apply PST to a wide variety of populations and situations. It reflects the significant conceptual and clinical revisions that supersede earlier versions of PST, and is based on the authors' clinical and research experience, the treatment outcome literature, and advances in related areas of psychology and neuroscience research.

The book offers specific treatment guidelines, sample client-therapist dialogues, clinical exercises and activities, homework assignments, client handouts, clinical case examples, and worksheets. These resources are based on a "stepped-care" model of PST that takes into account the nature of a client's problems, the intensity of these problems, the setting and treatment structure, and treatment goals. The manual offers clients four major "toolkits," which include a multitasking guide to overcoming "cognitive overload" when under stress, a guide to overcoming problems related to emotional dysregulation, a guide to overcoming barriers to effective problem-solving through use of healthy thinking and positive imagery, and a guide to fostering effective problem-solving by designing and employing a rational plan. Digital accompaniments include patient handouts, worksheets, and toolkits. Intended for use by a wide variety of mental health professionals in multiple settings, the manual can also serve as a text for both undergraduate and applied graduate courses.

### Key Features:

- Describes an increasingly popular psychotherapeutic intervention that works for multiple client populations and can be combined with other treatment modalities
- Authored by the co-developers of PST
- Provides the most up-to-date, detailed guidelines to PST
- Presents treatment guidelines, case examples, and numerous clinical aids
- Includes digital components, such as patient handouts, homework worksheets, and toolkits

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## Nezu PhD ABPP, Thomas D'Zurilla PhD Bibliography

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## **Editorial Review**

From the Back Cover

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### **About the Author**

is professor of psychology and associate professor of medicine at Drexel University. She has contributed to scores of scientific publications, has presented extensively at professional conferences around the world, and has participated on the editorial boards of leading psychology journals. Dr. Maguth Nezu is board certified in cognitive and behavioral psychology and is currently president-elect of the American Board of Professional Psychology. She serves on the board of directors of both the American Board of Cognitive and Behavioral Psychology and the American Academy of Cognitive and Behavioral Psychology. Her clinical research has been supported by federal, private, and state-funded agencies and she has served as a grant reviewer for the National Institutes of Health. She has been a practicing psychologist for over two decades.

## **Users Review**

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