



# **Cognitive-Behavioral Interventions: Theory, Research, and Procedures (Personality & Psychopathology Monographs)**

*Philip C. Kendall*

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Cognitive-Behavioral Interventions: Theory, Research, and Procedures surveys a variety of areas to which cognitive-behavioral strategies have been applied. The various contributors represent some of the major innovators in the field. Each has developed and systematically evaluated programs which apply sound empirically based procedures to cognitive and behavioral phenomena.

The opening chapter traces the short developmental history and describes the current professional environment of the cognitive-behavioral movement. The chapters that follow represent major contributions by the leading investigators across a number of areas of intervention. Each chapter describes a summary of research in the respective area, a description of the actual intervention procedures with supporting empirical data, and a consideration of the theoretical foundations and potential implications associated with the intervention. The chapter contents vary across three dimensions. First, the interventions range from those that focus on the acquisition of new capacities to those that deal with the control and modification of existing processes. Second, several chapters focus on adult populations, several on child populations, and some on both. Finally, whereas a number of the chapters deal with problems that have been areas of traditional clinical concern, several others explore new and interesting applications for cognitive-behavioral interventions.

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