



Cognitive–Behavioral Therapy for Refractory Cases

Turning Failure Into Success

Edited by Dean McKay, Jonathan S. Abramowitz,
and Steven Taylor

Cognitive–behavioral therapy (CBT) is effective in treating a wide range of psychological problems. Yet many clients whose symptom presentations significantly differ from textbook examples feel that their treatment has failed. *Cognitive–Behavioral Therapy for Refractory Cases: Turning Failure Into Success* expertly demonstrates how these standard intervention protocols can be appropriately modified to meet client needs.

With each chapter, leaders in the field of CBT address the management and prevention of treatment nonresponsiveness with a range of populations that include social anxiety disorder, obsessive–compulsive disorder, posttraumatic stress disorder, eating disorders, depression, insomnia, impulse control disorder, anger issues, and borderline personality disorder among others.

Using illustrative case examples and intervention protocols, this volume offers practical guidance for clinicians facing resistance and limited response to CBT from their clients. The editors also closely examine future directions in research to further advance the success of CBT in treating these refractory cases. 2010. 480 pages. Hardcover.

List: \$79.95
ISBN 978-1-4338-0472-4

APA Member/Affiliate: \$59.95
Item # 4317198

About the Editors

Dean McKay, PhD, ABPP, is associate professor, Department of Psychology, Fordham University. He currently serves on the editorial boards of *Behaviour Research and Therapy*, *Journal of Clinical Psychology* and *Journal of Anxiety Disorders*, and is associate editor of *Journal of Cognitive Psychotherapy*. He has published over 120 journal articles and book chapters, and he is editor or coeditor of 8 published or forthcoming books, and has over 150 conference presentations. Dr. McKay is board certified in behavioral and clinical psychology by the American Board of Professional Psychology (ABPP), is a fellow of the American Board of Behavioral Psychology and the Academy of Clinical Psychology, and is a clinical fellow of the Behavior Research and Therapy Society. His research has focused primarily on obsessive–compulsive disorder (OCD), body dysmorphic disorder, and health anxiety and their link to OCD, and the role of disgust in psychopathology. His research has also focused on mechanisms of information processing bias for anxiety states.

Jonathan S. Abramowitz, PhD, ABPP, is professor and associate chair of the Department of Psychology, and research associate professor in the Department of Psychiatry at the University of North Carolina (UNC) at Chapel Hill. He is also founder and director of the UNC Anxiety and Stress Disorders Clinic. Dr. Abramowitz is a North Carolina licensed psychologist, and he holds a Diplomate in Behavioral Psychology from the American Board of Professional Psychology (ABPP). He conducts research on obsessive–compulsive disorder and other anxiety disorders and has authored or edited 5 books and published over 100 peer-reviewed research articles and book chapters on these topics. He currently serves as associate editor of *Behaviour Research and Therapy* and the *Journal of Cognitive Psychotherapy* and on the Editorial Boards of several other scientific journals. He is a member of the Obsessive Compulsive Foundation’s Scientific Advisory Board and the Anxiety Disorders Association of America’s Clinical Advisory Board. He also served on the Anxiety Disorders Work Group for the *Diagnostic and Statistical Manual of Mental Disorders* (2000). Dr. Abramowitz received the Outstanding Contributions to Research Award from the Mayo Clinic Department of Psychiatry and Psychology in 2003 and the David Shakow Early Career Award for Outstanding Contributions to Clinical Psychology from the American Psychological Association’s Division 12 (Society of Clinical Psychology) in 2004 and was elected to the Board of Directors of the Association for Behavioral and Cognitive Therapies (formerly AABT) in 2005. He regularly presents papers and workshops on anxiety disorders and their treatment at regional, national, and international professional conferences.

Steven Taylor, PhD, ABPP, is a professor and clinical psychologist in the Department of Psychiatry at the University of British Columbia, and is editor-in-chief of the *Journal of Cognitive Psychotherapy*. He has published over 200 journal articles and book chapters, and over 15 books on anxiety disorders and related topics. He is a fellow of several scholarly organizations, including the American and Canadian Psychological Associations and the Association for Psychological Science. His research interests include cognitive–behavioral treatments and mechanisms of anxiety disorders and related conditions, as well as the behavioral genetics of these disorders.



Table of Contents

Part I: The Nature of Refractory Clients and the Impact on the Practice of CBT

Chapter 1: Cognitive Behavior Therapy and Refractory Cases: What Factors Lead to Limited Treatment Response?, *Dean McKay, Steven Taylor, and Jonathan Abramowitz* | Chapter 2: Adjusting Treatment for Partial- or Non-Response to Contemporary Cognitive-Behavioral Therapy, *Anita Federici, Karen Rowa, and Marty Antony*

Part II: Treating Refractory Cases in Specific Diagnostic Populations and Clinical Problems

Chapter 3: Panic With Agoraphobia, *Melissa Magaro and Michelle Craske* | Chapter 4: Social Anxiety Disorder, *Anna Rosenberg, Deborah Roth Ledley, and Richard G. Heimberg* | Chapter 5: Obsessive-Compulsive Disorder, *Dean McKay, Steven Taylor, and Jonathan S. Abramowitz* | Chapter 6: Generalized Anxiety Disorder, *Michael R. Ritter, Michelle A. Blackmore, and Richard G. Heimberg* | Chapter 7: Cognitive-Behavior Therapy for Posttraumatic Stress Disorder, *Steven Taylor* | Chapter 8: Preventing and Addressing Poor Treatment Response in Eating Disorders, *Ata Ghaderi* | Chapter 9: Cognitive Behavioral Analysis System of Psychotherapy: Description of a Treatment Refractory Case of Depression, *Bruce A. Arnow and Lisa I. Post* | Chapter 10: Cognitive Behavioral Therapy for Substance Use Disorders: Expanding the Scope, *Roisin M. O'Connor and Sherry Stewart* | Chapter 11: Impulse Control Disorders, *Jon E. Grant and Brian Odlaug* | Chapter 12: Refractory Cases in the Treatment of Sexual Problems Associated With Low Sexual Arousal, *Peter J. de Jong, Jacques van Lankveld, and Hermien J. Elgersma* | Chapter 13: Insomnia, *Allison G. Harvey* | Chapter 14: Anger: Successful and Non-Successful Treatment, *Howard Kassinove and Raymond Chip Tafrate*

Part III: Treating Refractory Populations and Problems

Chapter 15: Hypochondriasis and Severe Health Anxiety, *Jonathan S. Abramowitz, Steven Taylor, and Dean McKay* | Chapter 16: Borderline Personality Disorder, *Alexander L. Chapman* | Chapter 17: Apparent Problems Arising in Cognitive-Behavioral Therapy for the Paraphilias, *J. Paul Federoff and W. L. Marshall* | Chapter 18: Treating Antisocial and Psychopathic Individuals, *Michelle Galietta, Virginia Fineran, Joanna Fava, and Barry Rosenfeld* | Afterword: Future Directions in Refractory Cases: A Challenge for the Science of Clinical Psychology, *Steven Taylor, Jonathan Abramowitz, and Dean McKay*

Order Form

To order, call: 800-374-2721 • on the Web: www.apa.org/books • Fax: 202-336-5502 •
E-Mail: order@apa.org • In DC: 202-336-5510 • TDD/TTY: 202-336-612

Item #	Quantity	Title	Unit Price	Total Price
# 4317198		Cognitive-Behavioral Therapy for Refractory Cases		

Subtotal

Ensure Immediate

Shipping! Reference the following Priority Code with all orders: FLYEPPF

Shipping & Handling

U.S. residents	non-U.S. residents
Up to \$14.99 \$5.00	\$15.00
\$15.00-\$59.99 \$6.00	\$16.00
\$60.00+ 10% of subtotal	\$20.00

For MD residents, add 6% sales tax
For DC residents, add 5.75% sales tax
Check for RUSH Shipment, add \$10 (guarantees shipment within 1-2 days of receipt)

Total amount due (all orders must be prepaid)

Payment method (check one)

Check or Money Order
Made payable to **American Psychological Association**
(Must be payable through a U.S. bank and be in U.S. currency)
 Visa ~ MasterCard ~ American Express

SHIPPING INFORMATION

Name		Address		City	State	Zip
Account Number	Expiration Date	Signature (Required for all charges and purchase orders)				

All book orders and requests should be sent to:
American Psychological Association
Book Order Department
P.O. Box 92984
Washington, DC 20090-2984
800-374-2721

Orders from Europe, Africa, or the Middle East should be sent to:
Eurospan Group
C/o Pegasus Drive
Stratton Business Park
Biggleswade
Bedfordshire SG18 8TQ
Tel: + 44 (0)1767 604972 Fax: + 44 (0)1767 601640