



# Collaborative Cognitive Behavioral Intervention in Social Work Practice: A Workbook

*Jacqueline Corcoran*

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# Collaborative Cognitive Behavioral Intervention in Social Work Practice: A Workbook

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*Collaborative Cognitive-Behavioral Social Work Intervention: A Workbook* presents knowledge about behavioral and cognitive interventions in an easy-to-read manner. Cognitive-behavioral therapy (CBT) can be an empowering approach to change, helping clients at the individual level learn how to take change painful feelings and harmful behaviors and manage their social environment by learning new skills. An abundance of examples allows the reader to see the diverse range of applications cognitive-behavioral interventions might have to social work, as well as how to deliver CBT in a way that is respectful of client circumstances and works with people collaboratively.

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