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Cognitive Behavioral Therapy for Insomnia (CBT-I) Virginia Runko, PhD, ... (Perlis et al. Cognitive Behavioral Treatment of Insomnia: A Session-by-Session Guide. 2005)

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A Therapist's Guide to Brief Cognitive Behavioral Therapy

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therapy, and cognitive-behavioural therapy are synonymous and used ... Psychiatry and Behavioral Sciences Associate Director of Training, Adult CBT

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vii About the author Judith S. Beck, PhD, is President of the Beck Institute for Cognitive Behavior Therapy (www.beckinstitute.org) and Clinical Associate Profes-

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