



# Cognitive-Behavioral Therapy of Schizophrenia

*David G. Kingdon MD, Douglas Turkington MD*

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**Cognitive-Behavioral Therapy of Schizophrenia** David G. Kingdon MD, Douglas Turkington MD  
Cognitive-behavioral therapy has been successfully employed in the treatment of such problems as depression, panic disorder, and phobias. Now, providing a promising approach to patients with the most intractable problems, this book details the practical application of cognitive-behavioral therapy to the pervasive disorder of schizophrenia. The techniques described in this book, drawn from relevant theory and research, are designed to complement other treatments for schizophrenia, including medication, rehabilitation, and family therapies.

Making a clear distinction between the diagnosis of schizophrenia and the debilitating label of insanity, the authors contend that people with this disorder are not inherently irrational but instead, suffer from a circumscribed set of irrational beliefs. The book presents easily learned techniques that professionals can employ to help patients alleviate the impact of these beliefs and start drawing upon the strengths and rationality they do possess to improve their daily lives.

Illustrated with numerous case examples, the book describes how to:

- \* Work with the person to construct credible explanations of distressing and disabling symptoms
- \* Explore the personal significance of life events and circumstances and their interactions with the person's strengths and vulnerabilities
- \* Introduce reality testing for hallucinations and delusions
- \* Disentangle thought disorder and ameliorate negative symptoms
- \* Demystify psychotic symptoms for individuals and their families.

It also clearly delineates the relationship of thought, identity, insight, and coping strategies to schizophrenia.

An invaluable resource for all professionals working with people suffering from schizophrenia--from psychologists, psychiatrists, and residential care workers to social workers, occupational therapists, and nursing staff--this practical and accessible text is also essential reading for students in these fields.

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