



PROBLEM-SOLVING THERAPY

A Treatment Manual

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Problem-solving therapy (PST) has been increasingly used to treat various health and mental health problems due to its flexibility and proven effectiveness. This text, written by the co-developers of PST, is a comprehensive and detailed manual of how to apply PST to a wide variety of populations and clinical problems. This update reflects significant conceptual and clinical revisions that supersede earlier versions of PST, and is based on the authors' clinical and research experience, the treatment outcome literature, and advances in related areas of psychology and neuroscience research.

The book offers specific treatment guidelines, sample client-therapist dialogues, clinical exercises and activities, homework assignments, client handouts, clinical case examples, and worksheets. These resources are based on a "stepped-care" model of PST that takes into account the nature of a client's problems, the intensity of these problems, the setting and treatment structure, and treatment goals.

This practical manual offers clients the following four major "toolkits:"

1. a multitasking guide to overcoming "cognitive overload" when under stress,
2. a guide to overcoming problems related to emotional dysregulation,
3. a guide to overcoming barriers to effective problem-solving through use of healthy thinking and positive imagery, and
4. a guide to fostering effective problem-solving by designing and employing a rational plan.

Digital accompaniments include patient handouts, worksheets, and toolkits. Intended for use by a wide variety of mental health professionals in multiple settings, the manual can also serve as a text for both undergraduate and applied graduate courses.

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