



John W. Ludgate, PhD, completed his clinical psychology training at the University of Edinburgh (Scotland) in 1976. After receiving his doctorate from Trinity College in Dublin, Ireland, he earned a Post-Doctoral Fellowship in Cognitive Therapy at the University of Pennsylvania. In 1986, he became the Assistant Director of Training at the Center for Cognitive Therapy in Philadelphia, a position he held for 2 years. Dr. Ludgate was appointed Research Clinical Psychologist in the Anxiety Disorders Clinic at the University of Oxford (England) in 1992, serving until 1994. He has published a number of articles and book chapters on cognitive therapy and, with Dr. Aaron Beck, co-authored a book on inpatient cognitive therapy in 1992. Dr. Ludgate currently works at the Cognitive-Behavioral Therapy Center of Western North Carolina in Asheville, North Carolina. The author presents seminars and workshops at both national and international conferences as well as co-directing an intensive 6-month Cognitive-Behavioral Therapy Training course in Asheville, North Carolina.

Cognitive-Behavioral Therapy and Relapse Prevention for Depression and Anxiety

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Ludgate



John W. Ludgate

"This book is an indispensable source for helping clients stay well after treatment. Practical and concise, it is based on sound research demonstrating that this approach empowers clients with the tools they need to continue to 'be their own therapist' after formal therapy ends."

Judith S. Beck, PhD
Director, Beck Institute for Cognitive Therapy and Research
Clinical Associate Professor of Psychology in Psychiatry, University of PA
Past President, Academy of Cognitive Therapy

"One of the greatest challenges that we face as psychotherapists is that at least one third of the clients that we treat will relapse at one time or another. This statistic is only likely to escalate as the severity of psychopathology increases in our society. Dr. John Ludgate has crafted a unique and concise resource for practitioners that offers a number of outstanding techniques and strategies for building maintenance and relapse prevention with depressive and anxiety disorders. This book is a must for trainees or any practitioner interested in improving the quality and success rate of their treatment delivery."

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Professional Resource Press
PO Box 15560
Sarasota, FL 34277-1560

Printed in USA



Practitioner's Resource Series