

completed the B-YSQ-A, the Depression, Anxiety, and Stress Scale for Adolescents (DASS) and the Mental Health Inventory-5 (MHI-5). The factor structure of the B-YSQ-A was investigated using confirmatory factor analysis (CFA); moreover, measurement invariance across culture and sex was tested. Internal consistency and construct validity of the scale were also analyzed. In line with Young's schema model, the CFA supported the existence of 18 early maladaptive schemas (EMSs) assessed via the B-YSQ-A, which achieved acceptable internal consistency values and validity evidence based on relations with other variables. Further evidence was found for the adequate model fitting across sex and culture. The B-YSQ-A seems a valid tool for assessing EMSs among adolescents across these Portuguese-speaking countries.

Ólafsson, R. P., Emmelkamp, P. M., Olason, D. P., & Kristjánsson, Á. (2020). Disgust and Contamination Concerns: the Mediating Role of Harm Avoidance and Incompleteness. *International Journal of Cognitive Therapy, 13*(3) 251-270. <https://doi.org/10.1007/s41811-020-00076-5>

Abstract

Although the proneness to experience disgust shows a strong relationship with contamination and washing concerns in OCD, it still is not clear what mechanisms explain why disgust fuels contamination and washing rituals. We report two studies on university student samples (n = 233, n = 211) where the mediating role of beliefs related to overestimation of threat and harm and to not-just-right experiences and incompleteness is tested. The results showed that not-just-right experiences and levels of incompleteness partially mediated the total effect of disgust on contamination fear. Threat/responsibility beliefs and harm avoidance did not significantly mediate this relationship. The results suggest that sensitivity to sensory phenomena may partly explain why disgust leads to contamination and washing rituals and that the sensation part accompanying disgust experiences may play a role in contamination fear.

Popov, S., Jakovljević, I., Radanović, J., & Biro, M. (2020). The Effect of Unconditional Self-Acceptance and Explicit Self-Esteem on Personal Explanatory Style. *International Journal of Cognitive Therapy, 13*(3), 271-286. <https://doi.org/10.1007/s41811-020-00082-7>

Abstract

The present study aimed to explore the relationship between unconditional self-acceptance (USA), explicit self-esteem (ESE), and explanatory style of success and failure in an experimental ego-provoking situation. We simulated a public speaking task with randomly assigned different feedbacks for participant's performance. The sample consisted of 188 university students. In

the main analysis, we tested the hierarchical regression model with positive/negative feedback, USA, and ESE measures in the first, and interaction between USA, ESE, and feedback in the second step of analyses. USA is not a significant predictor of explanatory style, either individually or in interaction with feedback. ESE does not represent a significant predictor of explanatory style independently; however, it moderates the relationship between positive feedback and explanatory style, especially in the domain of personalization. Participants with higher ESE scores tend to show more internal attribution in the case of positive feedback.

A COLLECTION OF MEMORIES AND TRIBUTES: REMEMBERING ART FREEMAN

Editor's Note: Arthur "Art" Freeman recently passed away. He was a giant in the field and a prominent figure in our organizations. He served two non-consecutive terms as president of the International Association of Cognitive Psychotherapy. He also had a number of other important certifications and appointments, too many to list here. Though Art had been battling illness, his death felt sudden and sent a shockwave through the field. A number of his colleagues and past trainees started voicing memories and tributes to him. We sought to collect some of those here. The call for brief contributions was certainly limited in scope and duration. Undoubtedly, there are those who were deeply impacted in a positive way by Art and did not get a chance to contribute here. We would encourage you to share your stories too. There is a common values-clarification exercise where a clinician asks someone to think about how they would want to be remembered and eulogized. Even in death, Art teaches us a great lesson that what people really remember about us, is how we made them feel. Also, that the best way to teach is by example. You will read below about how Art's humanity, humor, and creativity made a profound global impact. He will be missed, but his impact will never be lost.



We shall all mourn the passing of Art Freeman. He was a true inspiration and was relatively unique in his spread of cognitive therapy throughout the world. What I most remember him for was in the earlier stages of his career, where he was an active member of the Albert Ellis group

in New York and moved to Philadelphia to assume the first role as Clinical Director of the Center of Cognitive Therapy. He then moved on and started a cognitive therapy course at Philadelphia Community College. After that program was up and running, he started an analogous program at the Philadelphia College of Osteopathic Medicine. Following the successful launch of that program, he moved elsewhere in United States. I do not recall the exact locations, but I know that he made a big hit wherever he went. Most importantly, he inspired a whole generation of cognitive therapists with his various writings. He will certainly be missed by all of us.

*Aaron T Beck, M.D.
Originator of Cognitive Therapy*

~

When I think of Art Freeman what comes to mind is his energy, his excitement over ideas, and his good humor. Art had a palpable energy when talking about his work. His eyes grew wide, he talked faster, and he almost seemed to bounce on his feet a little bit with excitement. You could not miss that he cared about his clients and this field. He was always looking to expand the role and influence of CBT -- especially internationally. He travelled widely and made a difference in far corners of the world. Good ambassadors have the kind of energy, intellect, and social skills that Art had, and he was one of the best ambassadors for the cognitive behavioral tradition who ever lived. He will be missed -- not just by all who knew him but by our field itself

Steven C. Hayes

~

Iam saddened to hear of his death. I learned of his illness and incredible persistence and passion for life about a year or so ago from Mark Gilson, whom he'd visited in Atlanta while he was ill. He will be missed for sure by the many who knew him and who profited from having that opportunity to benefit from his exuberance, wisdom, friendship, and intelligence. Warmly, David

David D. Burns, M.D.

~

Art Freeman enjoyed life to the fullest and his optimistic positive outlook and particularly his extraordinary sense of humor made it a pleasure to know him and work with him. Among his many funny stories and anecdotes that he told to me or in my presence, his recounting of the sudden need to find a dentist in Romania and what he endured to get the help he urgently needed could have been a successful standup comic routine at the

best comedy clubs in the world. And he had many anecdotes like that. With these traits, and wonderful technical and relational skills, he was a great clinician and relieved a lot of suffering over the course of his career. But, I think perhaps his greatest contribution was his talent in disseminating principles of cognitive therapy to the four corners of the earth and probably beyond, thoroughly entertaining and effectively teaching all who heard him speak. He enjoyed traveling, he enjoyed speaking, and he enjoyed meeting and interacting with people, and CBT and the world are better for it. He will be greatly missed.

David H. Barlow Ph.D, ABPP

~

Arthur Freeman was my mentor, colleague, and close friend. Over the course of the 35 years we worked together, taught together, and pulled each other's hair out at times over our many joint writing projects. We gave well received workshops together on every continent except Antarctica. Artie was an outstanding presenter who threaded that needle perfectly. Until he became ill, he was usually on top of his game. He had a knack for making people laugh and ended up endearing many of them to him eternally.

One of my most colorful memories is from decades ago while we were both teaching in Brazil. Our hosts threw a party for us and tried to teach us Brazilian dancing. At one point, Artie became so absorbed with the shuffle, that he lost his balance and stumbled off of the elevated dance platform only to have his fall broken by a large palm bush. The Brazilians got hysterical and started calling him, "O destruidor de palmeiras" (The palm tree crusher). We joked about that one for years.

A few weeks before his death, Art called me to thank me for being such a good friend. As our final conversation came to a close, I told him that I will miss him terribly and that I would hopefully see him again someday on the other side. Art's reply was classic; "Yeah, right! Send me an email".

Art Freeman, what a character!

Frank Dattilio

~

Memories of Art: Supervising my first couples' case, he joins the session and sings to the couple. Navigating the stresses of life at the Center, he makes us all laugh. Perhaps he is underappreciated in those early years. He is all-too-human, creative, authentic, never unkind. A sad loss.

Ruth Greenberg

~

I am heartbroken to hear about Art Freeman. He was a rare and special man. Art was my first supervisor and it was he who helped ignite my passion for CBT. He was brilliant and warm and throughout the years always had a smile on his face when our paths crossed. The world is a better place because of Art. His contributions cannot be overestimated. I will always have a special spot in my memory and my heart for him. His life was a blessing for all who knew him.

Dennis Greenberger, Ph.D.

~

Art was larger than life - we used to collaborate trying to create a race of super insurance agents who would not take "no" for an answer - we did week-long workshops for groups of 50 or so 1st year agents and divided each day so that one of us would do the morning segment and the other the afternoon switching off each day - I would come in and cite references and watch people fall asleep - Art would come in with a rubber nose and a "wacka-wacka" noisemaker and drop balloons from the ceiling with dollar bills inside and the agents ate it up - I came to dread following his act and was struck by how much the agents learned when he was on - last time I saw him was in Cluj a couple of years ago - I was very fond of him - he will be missed.

Steve Hollon

~

Very sad. Art was a leader in CBT, a superb clinician, and a wonderful human being with a great sense of humor. He even joked and made me laugh when he told me about his cancer. I will miss him greatly.

Stefan Hofmann

~

Every so often, a field has a person who comes along and is "larger than life." In the world of cognitive and behavioural therapies, one such person was certainly Art Freeman. I first met Art in the late 1970s, and even then it was clear that he would make a huge contribution with his remarkable combination of intelligence, wit, verbosity, clinical acumen, and compassion. He of course went on to make outstanding achievements in theory and practice, the organization and advancement of CBT, and in particular training and global dissemination. The field of CBT has lost one of its treasures and his loss is poignant and sad, indeed. My condolences go out to his family, and to all of us who knew him in the field of CBT.

Keith Dobson, Ph.D.

~

I too am so sorry to read of his passing. Along with so many others, I worked with Art over the years and learned much from him at conferences, workshops, and in his writings. In addition, on a more personal level, he followed me as president of AABT (as it was known then). I mention this because the person who follows you is the president-elect and she or he makes the introduction of you for your address at the annual conference. One of my most endearing moments in his introduction was that he and I shared an early psychoanalytic background together and he cleverly superimposed my photo into a photo of Freud's inner circle - there I was, which drew lots of attention at our behavioral conference! In addition, he introduced my wife, Mary, to the tune of "I got you babe." And, yes, we were products of the 60s and 70s.

Indeed, Art was a good person, and he will be sorely missed by all of us.

Thomas H. Ollendick, Ph.D.

~

Art was a unique individual and I always took away a laugh or a smile when we talked. My condolences to his family.

Linda Sobell

~

I am so sorry to hear that Art has died. I have very fond remembrances of him from around the country and around the world. He was always jovial and a pleasure to spend time with. He was an important influence in cognitive therapy and will be missed.

Patricia Resick, Ph.D.

~

Many years ago, when I was looking for further certification in CBT, I inquired about a program Art had begun. He called shortly thereafter and asked if I would be interested in writing a chapter for Cognitive Behavior Therapy in Clinical Social Work Practice. I jumped at the chance. I certainly didn't know him well, hardly at all, in fact. If this is the sort of opportunity to grow, he offered everyone around him, I certainly understand the warm regard expressed here by those who knew him well.

Vaughn Roche, LCSW

~

We too are very saddened to learn of Art's death. As others have said his work was prolific & his personality was warm and embracing. He reached out to us when we first started doing cognitive therapy with older adults - 30+ years ago - a population that most people weren't interested in working with. He encouraged us & invited us to co-author publications with him to help get the word out, that older adults respond just as well to cognitive therapy as middle aged and younger persons. We will always remember the impact he had on our lives and our subsequent careers. He will live on in our memories. Our support goes out to his family and loved ones.

Dolores Gallagher-Thompson, PhD, ABPP

~

I had the deep honor and privilege of having worked closely with Art for many years. I must admit that these were some of the best years of my life. It was totally delightful and exciting to work side by side with him on a daily basis and to have had the opportunity to appreciate his pure brilliance close up. Every day at noon we went to lunch and Art would hold court with his faculty family. These were fun times with him. I knew him for over 40 years, having first met him at UPenn. I remember the exact moment and recall being totally impressed by him. Our friendship began then. Years later, Art recruited me to PCOM and served as my boss, mentor, clinical supervisor, colleague, and close, trusted friend over the years. He was such a remarkable, supportive human being and I learned so much from him. Our faculty are equally devastated by his loss. I am glad that we honored Art by awarding him an honorary doctorate a few years back and I remember him beaming with pride on the stage of the Kimmel Center. He also visited PCOM about a year ago and was able to spend quality time reminiscing with our faculty and students. He called me a few weeks ago to say good-bye and I promised him that we would carry on his legacy. He liked that. We are committed to doing that very thing in his memory... I will never forget him.

Robert A. DiTomasso, Ph.D., ABPP

~

My relationship with Art goes back to early 1978. People have already referenced his sense of humor - he was hands-down one of the funniest people I've ever known. A few years ago, I came across an account he had written of his initial involvement and eventual hiring at the Center - it had me laughing out loud. Art's humor always had a very disarming self-deprecating element. He had an innate appreciation for the absurd in all of us, but as funny as he was, I never heard him use his humor

in a cruel or demeaning way. Art was an extraordinarily resilient and productive individual. May he rest in peace.

Richard Bedrosian, Ph.D.

~

Art's death is a great loss for us all. Art made huge contributions to cognitive therapy and mentored many cognitive therapists. He leaves a legacy that will not be forgotten. I was fortunate to be supervised by Art when I was at the Center and that had a lifelong impact on me. His loss is tragic, and he will be missed.

John Riskind

~

It is very sad and shocking news that Dr. Art Freeman has died. One of the giants in the CBT society has gone. He visited the Metta Institute, South Korea by my invitation and did excellent workshop for Korean mental health professionals long time ago. I pray for the repose of the deceased and will remember him in my heart.

Younghee Choi

~

I am so sad to learn of Art's passing. I learned so much about cognitive therapy from Art in the old days at the Center for Cognitive Therapy and marveled at his skill and energy at disseminating the model around the world. As others have described, Art had a lively and memorable personality, and was such an engaging and caring friend.

Norm Epstein

~

It makes life worth living to know that ART lived; shared, appreciated, and witnessed by so many. I watched the interview Bob sent, one of so many. The immeasurably wonderful sense is that every person is valuable and deserves to be understood and nurtured. May we emulate Art's resilience and joy of life that is never unkind.

My very sincere sympathy to his family.

Debbie Sookman

~

So sad to learn of Art's passing. He was indeed a CBT lion and will be missed for many of his professional and personal gifts. May his memory be a blessing to his family and all of us. With deep condolences

Bob Friedberg

Art was a wonderful colleague. I do not recall a time when he was not ready with a quip or bon mot. I will be holding those I love a little closer today to honor his memory and thinking about how fortunate I am do do the work I love, as he did.

Donna Sudak

So sad to hear. I have many fond and warm memories of Art. For all of us here in Israel he has been and will continue to be a huge source of inspiration. This very warm, humorous clinician, researcher teacher and above all a 'mensch'. We will miss him very much.

שיהיה זכרו ברוך

Joop Meijers

May his memory be of blessing.

On behalf of many CBT therapists in Israel.

As visiting professor at the Center for Cognitive Psychotherapy and Education in Kungälv (Gothenburg) Sweden, Art Freeman visited the Center two or three times every year for 25 years (1985-2010). His lessons and role-plays were appreciated by both students and psychotherapists at the center as well as others from all-around Sweden. Art also inspired one of the first books in Swedish about cognitive psychotherapy. He contributed with a chapter: "How to Change a Behavior". (Palm A et al. Cognitive Approach. A Psychological Theory for Cooperation with the Patient, 1995).

Colleagues and students from the Center will forever remember him with love for his inspiration, enthusiasm, open-mindedness, and joyful demeanor

Astrid Palm Beskow, PhD, Jan Beskow, MD, and Anna Ehnvall, MD

I have the honor of listen and learn from him in many congresses. I will never forget the interview he gave me at a Congress here in Brazil.

A great loss of a great teacher, author, and person

Melanie Pereira https://www.youtube.com/watch?v=DUMUUzU-jMXA&feature=emb_title

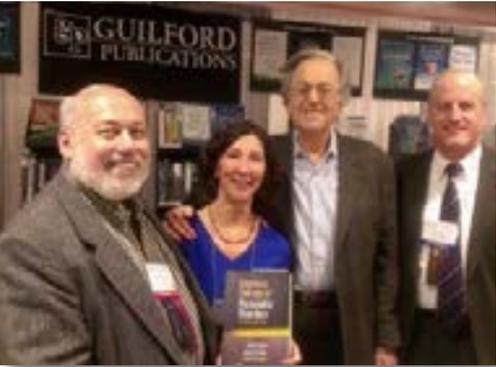
Art lived fully and truly touched the world. What an unmistakable presence he brought to any gathering, and warmth to every friendship and collaboration! I walk in deep sadness, mourning the loss of his presence in the world and remembering all that was ART. It is a comfort to be part of this chorus of care and recognition of his tremendous impact, as we have all lost a great friend. At least he is free from any more physical suffering now.

I met Art at APA in 1982, when he was presenting a paper on dream interpretation, part of a panel discussion of the relationship between CBT and psychodynamic psychotherapy. He encouraged me to come for training at the Center in Philadelphia, and provided steadfast support as I began to do training and supervision in CT. In those days, CT was a novel approach, and there was a good measure of skepticism to be addressed. Art's sense of humor was quite likely the secret weapon that disarmed the doubtful, and helped to build the critical early community, when CBT was considered radical and potentially dangerous. He taught through his example, and I learned so much from his demonstrations, anecdotes and discussions! Art always had a new idea for expanding CBT, leading to his next publication. He truly touched the world with his tireless efforts to educate, create new resources, and nurture the careers of colleagues. Art lived fully, bringing unmistakable presence to any gathering, and warmth to every friendship and collaboration. I am very grateful to have had the gift of nearly forty years of friendship and collaboration with him. We published 3 books together, co-wrote chapters, co-taught workshops, consulted on cases and shared many good times, great dinners and hearty laughs. It is a great comfort to hear the many stories of his impact, and the love and affection he inspired among so many people around the world.

The first photo is at the World Congress in Vancouver, 2001. The people in the 3rd (group) photo (L to R) are Art, me, Seymour Weingarten (owner of Guilford), and Jim Nageotte (editor) at ABCCT, 2014. Art in the hat is New Year's Eve, 2005. The last photo is with Frank Datillio and Frank's wife at the 2001 World Congress. Sadly, we didn't carry around digital cameras in the early days, so no photos of the younger years.

Denise Davis





When I think of Art, my thoughts are full with pictures, colors and voices. Art was (it is so strange to write about him as was) a colorful person. I can see his smiling face, surrounded by people, hear his jokes, and feel his hugs. But I can also hear his lectures, a deep profound professional. I have known Art for more than 35 years. Art was happy to come to Israel and train us when the Israeli association was still young and looked for experts to come and help in training. He came and stay with us at home.

He attended my wedding in Copenhagen, when my late husband, Michael did not want to get married in a religious marriage in Israel, and Art joined us but then insisted on playing the role of a Rabi. He was my friend, my co-author, A colleague and A support system. Unfortunately - there are still some mission we haven't completed - two books we intended to write together, and I cannot see myself completing it without him.

Conferences in the future will not look the same without him, and I am sure that just like me, there will be many people to look around for his smiling face.

Art left good memories wherever he was, and I am sure he will be remembered around the world.

Tamar Ronen Rosenbaum

~

One dies only when his/her name is commemorated for the last time... There are things that death cannot take away from us and one of them is our genuine feelings towards our loved ones that never truly leave us. My grief cannot steal the beauty of our memories that I will save like a treasure my dear big brother, ART.

No doubt that you illuminated my path by being the master of Cognitive Therapy but most importantly you have always been a unique unforgettable big brother for me over decades.

My thoughts and prayers will always be with you. I will always love and miss you.

Thanks Bob... "He lived a life that was worth suffering." I learned that he passed away early in the morning, but I could not write it to the listserv. My condolences to all but especially to those who were lucky to meet this giant.

Mehmet

Mehmet Sungur
Professor of Psychiatry, Istanbul Kent University, Istanbul



It is with a heavy heart and deep sadness that I and the members of our Russian Association for Cognitive Behavioral Therapy learned of the death of our dear friend, teacher and colleague Arthur Freeman. He was an amazing and wonderful person, a great therapist, scientist, writer, and teacher. We knew how much

he loved life and admired his resilience. It was amazing how Arthur coped with the hardest blows of fate in recent years and emerged



victorious from the most difficult situations. But the most amazing things were his love, friendship, support for family, friends and colleagues, clarity of thought

and humor even in the most difficult moments. After his visit to Russia, he called himself the “godfather” of our Association and helped us a lot in various issues. We were able to hold two of his face-to-face seminars in Saint Petersburg and Moscow in 2017, as well as two CBT courses from more than a dozen seminars under his aegis on-line, memorable for a lifetime. Each of his seminars and every meeting with him was a real festivity and a bright event. So much wisdom and knowledge he contained and shared so freely, so fascinating and elegant he explained the most complex things and so clearly conveyed them. I wanted to organize as many events as possible with the participation of Arthur, I wanted to see him as often as possible, and not only to learn from him, but first of all to be able to communicate and contact with him who has become very close to me. After Art’s passing, we will have dozens of his excellent articles and books, manuals and videos, photos for memory, but nothing can replace his warmth and support. This is very difficult. He became an important and close person for many people in Russia, and for me a sensitive, understanding, supportive friend and a second father after my father’s death. I mourn his passing, because I loved him and will always remember him. The bright memory of this man who loves life and people will remain in our hearts, and his name - in the history of cognitive behavioral therapy. Deep condolences to Rosie, Raymond DiGiuseppe, who was friends with Arthur Freeman for more than forty years, Robert Leahy, who has known Art since 1981, Mehmet Sungur and all other friends and colleagues. I fully agree with Donna Sudak that we need to convey to Rosie all the wonderful and warm words about Arthur in the letters here. I am ready to do this, that’s why I decided to write this letter for all highly respected colleagues at the Academy of Cognitive Therapy.

With gratitude, Dmitrii

Dmitrii Kovpak, M.D., PhD



~
Ray DiGiuseppe shared the following:

“Art Freeman was a very good friend and I shall miss him greatly. So how do we pay homage to a friend? How do we acknowledge his/her accomplishments?”



It was important to Art that he had risen above his rebellious youth and completed his education and actually contributed academically. So, with the help of Kate Romero, we have compiled a list of Art’s published works. Art was the ultimate disseminator of CBT. Is there an area of CBT that he did not write about? His writing was not his best strength, he was a great presenter. But I would not know where to start to compile his presentations.

~
Kevin T. Kuehlwein, PsyD, ACT

I will always be honored to have known and been affected by that towering figure in CBT, Art Freeman. He was in some ways like a Johnny Appleseed of CBT, traveling widely and disseminating the theory and practice of CBT to practitioners and theorists in many different countries, always with a sense of humor and creativity. In the early years, excitement and news of CBT spread far and quickly. People recognized the value of CBT and took upon themselves to self-educate. When someone is new to CBT there can be to an over-emphasis on techniques—missing the rich depth of CBT done well. When Art visited and gave lectures far and wide and peppered them with amusing examples people understood CBT at a much deeper level. He taught them, as he taught me, of the importance of the therapeutic relationship, how to work with deeper beliefs, how to use imagery, and how to work with personality disorders. More than that, he formed important friendships and alliances with all sorts of therapists in so many countries, providing them support for their learning and helping them to apply CBT with their populations and their unique needs. One of the most important lessons Art taught us was in his generosity of spirit. I also appreciated how he made it clear that CBT could be creative and also fun for you and the client, not some staid examination of

thoughts, beliefs, emotions, and behaviors.

Art was my CBT teacher in grad school, one of my funniest and most creative supervisors at Penn's Center for Cognitive Therapy, and he very kindly invited me to write my first professional published chapter. A few years later my friend Hugh Rosen & I asked Art to write a chapter for our 1st book together: *Cognitive Therapies in Action: Evolving Innovative Practice* and he wrote a fine one. I later also ended up teaching his old CBT course in the Mental Health Nurse Practitioner program at Penn.

I don't recall lots of specific anecdotes about Art offhand, but I always remember him warmly from conferences with his broad smile, his impish eyes, his quick wit, and his keen observations about clinical matters. When you saw him in person, he really focused on you, always made you feel like you'd learned something and that you were glad to encounter him. He was simultaneously larger than life and yet easy to relate to. He is sorely missed and his impressive and varied contributions to the field will continue to live for generations to come.

~

By Martin E. Keller Ed.D. ABPP

I was a 22-year-old Counseling Psychology graduate student at Columbia University when my advisor called me into his office to tell me that he recommended me to teach at a small liberal arts undergraduate school in NYC. He asked me to contact the Chair of the Psychology Department, Arthur Freeman to schedule an interview. I met with Art for an interview. One day later, I received a call- "Hey Keller... you are hired. Here is the syllabus and the textbook. You start next week. If you have any questions, I'm here to help you."

Art became my mentor, teacher, friend and big brother for the next almost 50 years. Art supervised me at various clinical positions, hired me as psychologist for an adolescent division of a high school for special needs teens, and offered me adjunct faculty positions at a Clinical Psychology program housed in a medical school in Arizona. "Hey Keller- I have an idea for a book. Hey Keller, Let's do this project together, Hey Keller, what do you think of this piece I'm writing?"

Art edited my articles and reports, consulted with me on difficult cases, guided me in private practice, mentored me for board certification in Clinical Psychology and gave me advice and feedback on many professional and personal dilemmas.

Art and I supported each other through our numerous life transitions.

"Keller, I met this woman Rosie. She is my bashert. I'm in love."

Art and Rosie were so in love and I felt such joy for their special connection.

"Hey Keller, I have pancreatic cancer."

"Hey Keller, I picked out my cemetery plot."

Art and I talked until his recent death.

We were life-long buddies.

We cared deeply about each other.

We loved each other.

Hey Freeman! I miss you.

Your memory will be a blessing.

Thank you for our almost 50 -year journey of friendship.

~

Three-Legged Stool – Remembering Art Freeman

Nikolaos Kazantzis, Ph.D.

Psychologist and Researcher

It was September 2005, and there sat Art, larger than life, round turtle shell glasses, heavily patterned tie under a button-down collared shirt, smile beaming through his bright white beard. Flanked by Dr. Frank Dattilio and Dr. Bob Leahy, they sat among the remains of a massive luncheon on the day before the start of the European Association for Behavior and Cognitive Therapies conference in Thessaloniki, Greece. The venue restaurant was empty apart from this table, yet the trio's laughter, anecdotes, and friendly jousts filled the high ceilings and boomed against the marble floor. I had worked with Art on a special issue for *In Session: Journal of Clinical Psychology* and the first edition of *Using Homework in Cognitive Behavior Therapy* for Routledge, but this was our first in-person meeting.

Art pulled me to one side and started to draw on a paper napkin. He illustrated that the practice of Cognitive Behavior Therapy (CBT) was like a three-legged stool, it required as much emphasis on theoretical undergirding as its science and that an understanding of the theorized change mechanisms had been neglected in the definition of skillful practice. He lamented that we had become too concerned with the "brands" of therapy and what was emerging as "third wave" therapies were often specific techniques. He noted our cognitive and behavior therapies were united in facilitating flexibility in attention, prompting greater engagement with the environment including enhanced interpersonal functioning, and in promoting reappraisal of thought/ belief content. He explained to me that none of this was "new;" Dr. Aaron T. Beck's earliest writings on depression had incorporated both attentional processing and changing the content in beliefs, and that Dr. Beck's work through the 1980's had noted the role of acceptance. Art and I resolved there and then to collaborate on a book *Cognitive*

and Behavior Theories in Clinical Practice (for Guilford) to bring together proponents across the CBTs to describe how theories were central to advancing the science and skillful practice of their approaches. We were surprised that leading names in CBT, ACT, DBT, and other approaches contributed; our goal was simply to unite.

In 2020, it is pleasing to see that our science is now advancing understanding of how central processes that lead to psychopathology in turn become treatment processes. Our experimental and process research is increasing with sophistication; we are closer to defining meaningful treatment processes that exist in the tailoring of techniques within therapeutic relationships. I am grateful to Art for his mentoring in the decade that followed, and of course for stimulating these ideas back in 2005.

When Art spoke, people listened. He was among the first to complete post-doctoral internships with Dr. Aaron T. Beck, and like his contemporaries, he had the capacity to talk to large groups as individuals. He was a rare talent. Art stands tall among his peers as one of the greats. Art called it like he saw it, he often did not follow trends in thinking or said what was expected. He followed his own path. Art's humor was second to none; I will miss his good cheer and wit.

The field of CBT is richer for Art's contributions and we will miss his distinctive personality.

STANDING ON THE SHOULDERS OF GIANTS CONTINUED FROM PG. 2

the University of California San Francisco. My exposure to the multiple-problem patients at San Francisco General Hospital, and to the intellectual opportunities and support I got from Ricardo and the trainees helped me develop my ideas about case formulation and led to my first book, *Cognitive therapy in practice: A case formulation approach*. Jeanne Miranda, one of the trainees, and I carried out several really interesting studies of Beck's cognitive theory that were published in the *Journal of Abnormal Psychology* and other places.

So I was having fun and being productive, but still struggling with the feeling that I was supposed to be an academic, and that those who trained me at Penn were disappointed in me. When I confided my concern to Connie Hammen (Connie was on the faculty at UCLA, the same sort of program as Penn), one evening at the ABCT, she told me, "I don't need my students to be academics. What's important to me is that they make a contribution." That concept gave me a platform to stand on that has been extremely helpful to me.

Soon after my first book came out, when talking about it to my friend Rick Heimberg at the ABCT, I used the phrase "small book." Rick said to me, "Jackie. Your book is important. DO

NOT call it a "small book." Rick has been an abiding support, as have so many others who have been on my team over many years, including Jerry Davison, Deb Hope, Sheila Woody, Bob Leahy, Steve Hayes, Steve Hollon, Marsha Linehan, Lynn McFarr, Kitty Moore, Michael Tompkins, Hanna Levenson, Christine Padesky, Kelly Koerner, Cannon Thomas, and so many others that I cannot mention them all. The Academy of Cognitive Therapy, the ABCT, and the Society for a Science of Clinical Psychology, have been important professional homes for me, as has my local Northern California Cognitive Behavioral Network. I joined the clinical faculty in the Department of Psychology at UC-Berkeley in 1999, and that academic home and colleagues there, especially Ann Kring, Allison Harvey, Bob Levenson, and Nancy Liu, have been invaluablely helpful to me. I have had tons of fun there teaching a CBT course and providing clinical and occasional research supervision to many amazing UC Berkeley students who have collaborated with me on so many fun projects.

Conducting research as a clinician is not an easy professional path. The Behavioral Health Research Collective, a free-standing IRB that a group of us, led by Travis Osborne and including Jason Luoma, Trent Codd, and Linda Dimeff, created several years ago to support the research of our group of private practitioners, has been an important support of my work and my identity as a researcher in a private practice world.

I'm working now with my colleague Rebecca Courry to build, at the Oakland Cognitive Behavior Therapy Center, an infrastructure for our clinical practice that allows us to collect data that both guide the clinical work and support research. We're hoping to disseminate what we learn about building this infrastructure, to ease the way for other clinicians to conduct research in their clinical practice. Even my ability to help others in this way is a testament to the many people who have helped me along the way, and upon whose shoulders I stand.

CULTURAL COMPETENCY IN COGNITIVE THERAPY CONTINUED FROM PG. 3

In a similar vein, clients who are members of oppressed minority groups, whether in their home or chosen countries, may have adopted a mistrustful stance that may appear irrational to an outsider. However, it is important to consider the possible adaptive function that such vigilance may serve, as well as the potential psychological and interpersonal costs to the individual. Some African American researchers for example, have suggested that some degree of mistrust towards the larger White society, termed "healthy cultural paranoia" is protective against racially-based assaults on the self esteem of Black Americans (Ridley, 1984). From this perspective, cultural paranoia may be conceptualized as a type of cultural coping response in African Americans. Under these circumstances, therapists are cautioned to acknowledge the social

(CONTINUED ON NEXT PAGE)

ACADEMIC PUBLICATIONS BY DR. ARTHUR FREEMAN

- Barbuto, J. (2003). *Cognitive-behavioral strategies in crisis intervention (2nd ed)*. Edited by Frank M. Dattilio and Arthur Freeman. Guilford Press, New York, 2000. 470pp. ISBN: 1572305797. *Psycho-Oncology*, 12(6), 628.
- Beck, A. T., & Freeman, A. M. (1990). *Cognitive therapy of personality disorders*. Guilford Press.
- Beck, A. T., Freeman, A., & Davis, D. D. (2004). *Cognitive therapy of personality disorders, 2nd ed*. Guilford Press.
- Beck, A. T., Davis, D. D., & Freeman, A. (2015). In Beck A. T., Davis D. D. and Freeman A. (Eds.), *Cognitive therapy of personality disorders, 3rd ed*. Guilford Press.
- Beck, A. T., Freeman, A., & Davis, D. D. (2015). *General principles and specialized techniques in cognitive therapy of personality disorders*. In A. T. Beck, D. D. Davis, & A. Freeman (Eds.), *Cognitive therapy of personality disorders., 3rd ed*. (pp. 97–124). Guilford Press.
- Bemporad, J. R., Vasile, R. G., Freeman, A., Becker, R. E., Kieve, C., & Feinberg, M. (1990). *Depression*. In A. S. Bellack & M. Hersen (Eds.), *Handbook of comparative treatments for adult disorders*. (pp. 51–119). John Wiley & Sons.
- Browne, C. M., Dowd, E. T., & Freeman, A. (2010). *Rational and irrational beliefs and psychopathology*. In D. David, S. J. Lynn, & A. Ellis (Eds.), *Rational and irrational beliefs: Research, theory, and clinical practice*. (pp. 149–171). Oxford University Press.
- Christner, R. W., Stewart, J. L., & Freeman, A. (2007a). In Christner R. W., Stewart J. L. and Freeman A. (Eds.), *Handbook of cognitive-behavior group therapy with children and adolescents: Specific settings and presenting problems*. Routledge/Taylor & Francis Group.
- Christner, R., Freeman, A., Nigro, C. J., & Sardar, T. (2010). *Guide to early psychological evaluation: Children & adolescents*. W W Norton & Co.
- Clevenger, S. M. F., Miller, L., Moore, B. A., & Freeman, A. (2015). In Clevenger S. M. F., Miller L., Moore B. A. and Freeman A. (Eds.), *Behind the badge: A psychological treatment handbook for law enforcement officers*. Routledge/Taylor & Francis Group.
- Dattilio, F. M., & Freeman, A. (2000). *Cognitive-behavioral strategies in crisis intervention, 2nd ed*. The Guilford Press.
- Dattilio, F. M., & Freeman, A. (2007). *Cognitive-behavioral strategies in crisis intervention, 3rd ed*. The Guilford Press.
- David, D. O., & Freeman, A. (2015). *Overview of cognitive-behavioral therapy of personality disorder*. In A. T. Beck, D. D. Davis, & A. Freeman (Eds.), *Cognitive therapy of personality disorders., 3rd ed*. (pp. 3–18). Guilford Press.
- David, D., Freeman, A., & DiGiuseppe, R. (2010). *Rational and irrational beliefs: Implications for mechanisms of change and practice in psychotherapy*. In D. David, S. J. Lynn, & A. Ellis (Eds.), *Rational and irrational beliefs: Research, theory, and clinical practice*. (pp. 195–217). Oxford University Press.
- Davis, D. D., & Freeman, A. (2015). *Synthesis and prospects for the future*. In A. T. Beck, D. D. Davis, & A. Freeman (Eds.), *Cognitive therapy of personality disorders., 3rd ed*. (pp. 428–437). Guilford Press.
- Dienes, K. A., Torres-Harding, S., Reinecke, M. A., Freeman, A., & Sauer, A. (2011). *Cognitive therapy*. In S. B. Messer & A. S. Gurman (Eds.), *Essential psychotherapies: Theory and practice., 3rd ed*. (pp. 1–41). Guilford Press.
- DiTomasso, R. A., Freeman, A., Carvajal, R., & Zahn, B. (2010a). *Cognitive-behavioral concepts of anxiety*. In D. J. Stein, E. Hollander & B. O. Rothbaum (Eds.), (pp. 103–116). American Psychiatric Publishing, Inc.
- DiTomasso, R. A., Freeman, A., Carvajal, R., & Zahn, B. (2010). *Cognitive-behavioral concepts of anxiety*. In D. J. Stein, E. Hollander, & B. O. Rothbaum (Eds.), *Textbook of anxiety disorders., 2nd ed*. (pp. 103–116). American Psychiatric Publishing, Inc.
- Eimer, B. N., & Freeman, A. (1992). *The schizophrenic patient*. In A. Freeman & F. M. Dattilio (Eds.), *Comprehensive casebook of cognitive therapy*. (pp. 231–240). Plenum Press.
- Freeman, A. (1987). *Cognitive therapy: An overview*. In A. Freeman & V. B. Greenwood (Eds.), *Cognitive therapy: Applications in psychiatric and medical settings*. (pp. 19–35). Human Sciences Press.
- Freeman, A. (1992). *The development of treatment conceptualizations in cognitive therapy*. In A. Freeman & F. M. Dattilio (Eds.), *Comprehensive casebook of cognitive therapy*. (pp. 13–23). Plenum Press.
- Freeman, A. (1992). *Dysthymia*. In A. Freeman & F. M. Dattilio (Eds.), *Comprehensive casebook of cognitive therapy*. (pp. 129–138). Plenum Press.
- Freeman, A. (1993). *A psychosocial approach for conceptualizing schematic development for cognitive therapy*. In K. T. Kuehlwein & H. Rosen (Eds.), *Cognitive therapies in action: Evolving innovative practice*. (pp. 54–87). Jossey-Bass.
- Freeman, A. (1994). *Cognitive therapy*. In J. L. Ronch, W. Van Ornum, & N. C. Stikwell (Eds.), *The counseling sourcebook: A practical reference on contemporary issues*. (pp. 60–71). Crossroad Publishing Co.
- Freeman, A. (1999). *The Intimacy Styles Approach: A cognitive-behavioral model for understanding and treating problems of intimacy*. In J. Carlson & L. Sperry (Eds.), *The intimate couple*. (pp. 158–184). Brunner/Mazel.
- Freeman, A. (2002). *Cognitive-behavioral therapy for severe personality disorders*. In S. G. Hofmann & M. C. Tompson (Eds.), *Treating chronic and severe mental disorders: A handbook of empirically supported interventions*. (pp. 382–402). The Guilford Press.
- Freeman, A. (2004). *Cognitive-Behavioral Treatment of Personality Disorders in Childhood and Adolescence*. In R. L. Leahy (Ed.), *Contemporary cognitive therapy: Theory, research, and*

- practice. (pp. 319–337). The Guilford Press.
- Freeman, A. (2007). *The narcissistic child: When a state becomes a trait*. In A. Freeman & M. A. Reinecke (Eds.), *Personality disorders in childhood and adolescence*. (pp. 385–427). John Wiley & Sons Inc.
- Freeman, A. (2014). *The therapeutic relationship*. In S. G. Hofmann, D. J. A. Dozois, W. Rief, & J. A. J. Smits (Eds.), *The Wiley handbook of cognitive behavioral therapy*, Vols. 1–3. (pp. 3–22). Wiley-Blackwell.
- Freeman, A., & Dattilio, F. M. (1992). *Comprehensive casebook of cognitive therapy*. Plenum Press.
- Freeman, A., & Davis, D. D. (1990). *Cognitive therapy of depression*. In A. S. Bellack, M. Hersen, & A. E. Kazdin (Eds.), *International handbook of behavior modification and therapy*, 2nd ed. (pp. 333–352). Plenum Press.
- Freeman, A., & Davison, M. R. (1997). *Short-term therapy for the long-term patient*. In L. VandeCreek, S. Knapp, & T. L. Jackson (Eds.), *Innovations in clinical practice: A source book*, Vol. 15. (pp. 5–24). Professional Resource Press/Professional Resource Exchange.
- Freeman, A., & DiTomasso, R. A. (1994). *The cognitive theory of anxiety*. In B. B. Wolman & G. Stricker (Eds.), *Anxiety and related disorders: A handbook*. (pp. 74–90). John Wiley & Sons.
- Freeman, A., Felgoise, S. H., & Davis, D. D. (2008). *Clinical psychology: Integrating science and practice*. John Wiley & Sons Inc.
- Freeman, A., Felgoise, S. H., Nezu, A. M., Nezu, C. M., & Reinecke, M. A. (2005). *Encyclopedia of cognitive behavior therapy*. Springer Science + Business Media.
- Freeman, A., & Fox, S. (2013). *Cognitive behavioral perspectives on the theory and treatment of the narcissistic character*. In J. S. Ogradniczuk (Ed.), *Understanding and treating pathological narcissism*. (pp. 301–320).
- Freeman, A., & Freeman, S. E. M. (2009). *Basics of cognitive behavior therapy*. In I. Marini & M. A. Stebnicki (Eds.), *The professional counselor's desk reference*. (pp. 301–311). Springer Publishing Company.
- Freeman, A., & Freeman, S. M. (2009). *Assessment and evaluation: Collecting the requisite building blocks for treatment planning*. In S. M. Freeman, B. A. Moore, & A. Freeman (Eds.), *Living and surviving in harm's way: A psychological treatment handbook for pre- and post-deployment of military personnel*. (pp. 147–168). Routledge/Taylor & Francis Group.
- Freeman, A., & Freeman, S. M. (2009). *Vulnerability factors: Raising and lowering the threshold for response*. In S. M. Freeman, B. A. Moore, & A. Freeman (Eds.), *Living and surviving in harm's way: A psychological treatment handbook for pre- and post-deployment of military personnel*. (pp. 107–122). Routledge/Taylor & Francis Group.
- Freeman, A., Freeman, S. M., & Rosenfield, B. (2005). *Histrionic personality disorder*. In G. O. Gabbard, J. S. Beck, & J. Holmes (Eds.), *Oxford textbook of psychotherapy*. (pp. 305–310). Oxford University Press.
- Freeman, A., & Fusco, G. (2000). *Treating high-arousal patients: Differentiating between patients in crisis and crisis-prone patients*. In F. M. Dattilio & A. Freeman (Eds.), *Cognitive-behavioral strategies in crisis intervention*, 2nd ed. (pp. 27–58). The Guilford Press.
- Freeman, A., & Fusco, G. M. (2004). *Borderline personality disorder: A therapist's guide to taking control*. W W Norton & Co.
- Freeman, A., & Fusco, G. M. (2005). *Borderline traits*. In N. Kazantzis, F. P. Deane, K. R. Ronan, & L. L'Abate (Eds.), *Using homework assignments in cognitive behavior therapy*. (pp. 329–353). Routledge/Taylor & Francis Group.
- Freeman, A., & Greenwood, V. B. (1987). *Cognitive therapy: Applications in psychiatric and medical settings*. Human Sciences Press.
- Freeman, A., & Jackson, J. T. (1998). *Cognitive behavioural treatment of personality disorders*. In N. Tarrow, A. Wells, & G. Haddock (Eds.), *Treating complex cases: The cognitive behavioural therapy approach*. (pp. 319–339). John Wiley & Sons Ltd.
- Freeman, A., & Jackson, J. T. (1998). *Cognitive-behavioral treatment of personality disorders*. In E. Sanavio (Ed.), *Behavior and cognitive therapy today: Essays in honor of Hans J. Eysenck*. (pp. 103–116). Elsevier Science Ltd.
- Freeman, A., & Leaf, R. C. (1989). *Cognitive therapy applied to personality disorders*. In A. Freeman, K. M. Simon, L. E. Beutler, & H. Arkowitz (Eds.), *Comprehensive handbook of cognitive therapy*. (pp. 403–433). Plenum Press.
- Freeman, A., Lightner, E., & Golden, B. A. (2010). *Treatment of depression in primary care medical practice*. In R. A. DiTomasso, B. A. Golden, & H. Morris (Eds.), *Handbook of cognitive behavioral approaches in primary care*. (pp. 347–368). Springer Publishing Company.
- Freeman, A., & Ludgate, J. W. (1988). *Cognitive therapy of anxiety: A clinical guide*. In P. A. Keller & S. R. Heyman (Eds.), *Innovations in clinical practice: A source book*, Vol. 7. (pp. 39–59). Professional Resource Exchange, Inc.
- Freeman, A., Mahoney, M. J., DeVito, P., & Martin, D. (2004a). *In Freeman A., Mahoney M. J., DeVito P. and Martin D. (Eds.), Cognition and psychotherapy*, 2nd ed. Springer Publishing Co.
- Freeman, A., & Martin, D. M. (2004). *A Psychosocial Approach for Conceptualizing Schematic Development*. In A. Freeman, M. J. Mahoney, P. DeVito, & D. Martin (Eds.), *Cognition and psychotherapy*, 2nd ed. (pp. 221–256). Springer Publishing Co.
- Freeman, A., Martin, D., & Ronen, T. (2007). *Treatment of suicidal behavior*. In T. Ronen & A. Freeman (Eds.), *Cognitive behavior therapy in clinical social work practice*. (pp.

- 421–445). Springer Publishing Company.
- Freeman, A., & McCloskey, R. D. (2003). *Impediments to Effective Psychotherapy*. In R. L. Leahy (Ed.), *Roadblocks in cognitive-behavioral therapy: Transforming challenges into opportunities for change*. (pp. 24–48). Guilford Press.
- Freeman, A., & Moore, B. A. (2009). *Theoretical base for treatment of military personnel*. In S. M. Freeman, B. A. Moore, & A. Freeman (Eds.), *Living and surviving in harm's way: A psychological treatment handbook for pre- and post-deployment of military personnel*. (pp. 171–192). Routledge/Taylor & Francis Group.
- Freeman, A., & Oster, C. (1998). *Treatment of couples with relationship difficulty: A cognitive-behavioral perspective*. In J. Carlson & L. Sperry (Eds.), *The disordered couple*. (pp. 97–119). Brunner/Mazel.
- Freeman, A., & Oster, C. (1999). "Cognitive Behavior Therapy." In *Handbook of Comparative Interventions for Adult Disorders*, 2nd Ed., edited by Michel Hersen and Alan S. Bellack, 108–38. Hoboken, NJ: John Wiley & Sons Inc.
- Freeman, A., & Oster, C. L. (1998). *Cognitive therapy and depression*. In V. E. Caballo (Ed.), *International handbook of cognitive and behavioural treatments for psychological disorders*. (pp. 489–520). Pergamon/Elsevier Science Ltd.
- Freeman, A., Pretzer, J., Fleming, B., & Simon, K. M. (2004). *Clinical applications of cognitive therapy*, 2nd ed. Kluwer Academic/Plenum Publishers.
- Freeman, A., & Reinecke, M. A. (1993). *Cognitive therapy of suicidal behavior: A manual for treatment*. Springer Publishing Co.
- Freeman, A., & Reinecke, M. A. (1995). *Cognitive therapy*. In A. S. Gurman & S. B. Messer (Eds.), *Essential psychotherapies: Theory and practice*. (pp. 182–225). Guilford Press.
- Freeman, A., & Reinecke, M. A. (2007). *Personality disorders in childhood and adolescence*. John Wiley & Sons Inc.
- Freeman, A., & Rigby, A. (2003). *Personality disorders among children and adolescents: Is it an unlikely diagnosis?* In M. A. Reinecke, F. M. Dattilio, & A. Freeman (Eds.), *Cognitive therapy with children and adolescents: A casebook for clinical practice*, 2nd ed. (pp. 434–464). The Guilford Press.
- Freeman, A., & Rock, G. E. (2008). *Personality disorders*. In M. A. Whisman (Ed.), *Adapting cognitive therapy for depression: Managing complexity and comorbidity*. (pp. 255–279). Guilford Press.
- Freeman, A., & Ronen, T. (2007). *Synthesis and prospects for the future*. In T. Ronen & A. Freeman (Eds.), *Cognitive behavior therapy in clinical social work practice*. (pp. 593–597). Springer Publishing Company.
- Freeman, A., Schrodtt, G. R., Jr., Gilson, M., & Ludgate, J. W. (1993). *Group cognitive therapy with inpatients*. In J. H. Wright, M. E. Thase, A. T. Beck, & J. W. Ludgate (Eds.), *Cognitive therapy with inpatients: Developing a cognitive milieu*. (pp. 123–153). The Guilford Press.
- Freeman, A., & Simon, K. M. (1989). *Cognitive therapy of anxiety*. In A. Freeman, K. M. Simon, L. E. Beutler, & H. Arkowitz (Eds.), *Comprehensive handbook of cognitive therapy*. (pp. 347–365). Plenum Press.
- Freeman, A., Simon, K. M., Beutler, L. E., & Arkowitz, H. (1989a). In Freeman A., Simon K. M., Beutler L. E. and Arkowitz H. (Eds.), *Comprehensive handbook of cognitive therapy*. Plenum Press. Beskow
- Freeman, A., Simon, K. M., Beutler, L. E., & Arkowitz, H. (1989b). In Freeman A., Simon K. M., Beutler L. E. and Arkowitz H. (Eds.), *Comprehensive handbook of cognitive therapy*. Plenum Press.
- Freeman, A., Stone, M. H., & Martin, D. (2005). *Comparative treatments for borderline personality disorder*. Springer Publishing Company.
- Freeman, A., Stone, M. H., & Martin, D. (2005). *Similarities and Differences in Treatment Modalities*. In A. Freeman, M. H. Stone, & D. Martin (Eds.), *Comparative treatments for borderline personality disorder*. (pp. 259–287). Springer Publishing Company.
- Freeman, A., Stone, M., Martin, D., & Reinecke, M. (2005). *Introduction: A Review of Borderline Personality Disorder*. In A. Freeman, M. H. Stone & D. Martin (Eds.), (pp. 1–20). Springer Publishing Company.
- Freeman, A., & Timchack, S. (2007). *Anger and aggression in children and adolescents*. In F. M. Dattilio & A. Freeman (Eds.), *Cognitive-behavioral strategies in crisis intervention*, 3rd ed. (pp. 352–376). The Guilford Press.
- Freeman, A., & Urschel, J. (2003). *Adlerian psychology and cognitive-behavioral therapy: A cognitive therapy perspective*. In R. E. Watts (Ed.), *Adlerian, cognitive, and constructivist therapies: An integrative dialogue*. (pp. 71–88). Springer Publishing Co.
- Freeman, A., & White, B. (2004). *Dreams and the Dream Image: Using Dreams in Cognitive Therapy*. In R. I. Rosner, W. J. Lyddon, & A. Freeman (Eds.), *Cognitive therapy and dreams*. (pp. 69–87). Springer Publishing Co.
- Freeman, A., & White, D. M. (1989). *The treatment of suicidal behavior*. In A. Freeman, K. M. Simon, L. E. Beutler, & H. Arkowitz (Eds.), *Comprehensive handbook of cognitive therapy*. (pp. 321–346). Plenum Press.
- Freeman, A., & Zaken-Greenberg, F. (1989). *A cognitive-behavioral approach*. In C. R. Figley (Ed.), *Treating stress in families*. (pp. 97–121). Brunner/Mazel.
- Freeman, S. M., Moore, B. A., & Freeman, A. (2009). *Living and surviving in harm's way: A psychological treatment handbook for pre- and post-deployment of military personnel*. Routledge/Taylor & Francis Group.
- Fusco, G. M., & Freeman, A. (2004). *Borderline personality disorder: A patient's guide to taking control*. W W Norton & Co.
- Fusco, G. M., & Freeman, A. (2007). *The crisis-prone patient: The high-arousal cluster B personality disorders*. In F. M. Dattilio & A. Freeman (Eds.), *Cognitive-behavioral strategies*

- in crisis intervention., 3rd ed. (pp. 122–148). The Guilford Press.
- Fusco, G. M., & Freeman, A. (2007). Negativistic personality disorder in children and adolescents. In A. Freeman & M. A. Reinecke (Eds.), *Personality disorders in childhood and adolescence*. (pp. 639–679). John Wiley & Sons Inc.
- Kazantzis, N., Reinecke, M. A., & Freeman, A. (2010). In Kazantzis N., Reinecke M. A. and Freeman A. (Eds.), *Cognitive and behavioral theories in clinical practice*. Guilford Press.
- Layden, M. A., Newman, C. F., Freeman, A., & Morse, S. B. (1993). *Cognitive therapy of borderline personality disorder*. Allyn & Bacon.
- MacLaren, C., & Freeman, A. (2007). Cognitive behavior therapy model and techniques. In T. Ronen & A. Freeman (Eds.), *Cognitive behavior therapy in clinical social work practice*. (pp. 25–44). Springer Publishing Company.
- Mennuti, R. B., Christner, R. W., & Freeman, A. (2012). *Cognitive-behavioral interventions in educational settings: A handbook for practice, 2nd ed.* Routledge/Taylor & Francis Group.
- Mitchell, D., Tafrate, R. C., & Freeman, A. (2015). Antisocial personality disorder. In A. T. Beck, D. D. Davis, & A. Freeman (Eds.), *Cognitive therapy of personality disorders., 3rd ed.* (pp. 346–365). Guilford Press.
- Reinecke, M. A., Dattilio, F. M., & Freeman, A. (1996). *Cognitive therapy with children and adolescents: A casebook for clinical practice*. The Guilford Press.
- Reinecke, M. A., Dattilio, F. M., & Freeman, A. (2003). *Cognitive therapy with children and adolescents: A casebook for clinical practice, 2nd ed.* The Guilford Press.
- Reinecke, M. A., & Freeman, A. (2003). Cognitive therapy. In A. S. Gurman & S. B. Messer (Eds.), *Essential psychotherapies: Theory and practice., 2nd ed.* (pp. 224–271). Guilford Press.
- Reinecke, M. A., & Freeman, A. (2007). Development and treatment of personality disorder: Summary. In A. Freeman, & M. A. Reinecke (Eds.), (pp. 681–695). John Wiley & Sons Inc.
- Ronen, T., & Freeman, A. (2007). In Ronen T., Freeman A. (Eds.), *Cognitive behavior therapy in clinical social work practice*. Springer Publishing Company.
- Rosner, R. I., Lyddon, W. J., & Freeman, A. (2004). In Rosner R. I., Lyddon W. J. and Freeman A. (Eds.), *Cognitive therapy and dreams*. Springer Publishing Co.
- Scott, J., & Freeman, A. (2010). Beck's cognitive therapy. In N. Kazantzis, M. A. Reinecke, & A. Freeman (Eds.), *Cognitive and behavioral theories in clinical practice*. (pp. 28–75). Guilford Press.
- Seeler, L., Freeman, A., DiGiuseppe, R., & Mitchell, D. (2014). Traditional cognitive-behavioral therapy models for antisocial patterns. In R. C. Tafrate & D. Mitchell (Eds.), *Forensic CBT: A handbook for clinical practice*. (pp. 15–42). Wiley Blackwell.
- Semmelback, D. J., Ende, L., Freeman, A., Hazell, C., Barron, C. L., & Treft, G. L. (2015). *The interactive world of severe mental illness: Case studies from the US mental health system*. Routledge/Taylor & Francis Group.
- Stewart, J. L., Christner, R. W., & Freeman, A. (2007). An introduction to cognitive-behavior group therapy with youth. In R. W. Christner, J. L. Stewart, & A. Freeman (Eds.), *Handbook of cognitive-behavior group therapy with children and adolescents: Specific settings and presenting problems*. (pp. 3–21). Routledge/Taylor & Francis Group.