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Nota di contenuto	Acknowledgments; Part 1; Defining the Problem and Mapping Solutions; Chapter 1; Why We Need a Transdiagnostic Road Map; Chapter 2; Vulnerability Mechanisms; Chapter 3; Response Mechanisms; Chapter 4; Core Principles of the Transdiagnostic Road Map; Part 2; Developing Transdiagnostic Mechanism Hypotheses; Chapter 5; Assessment and Data Collection: The Road to Mechanism Hypotheses; Chapter 6; Developing a Transdiagnostic Mechanism Formulation with the Patient; Part 3; Planning Treatment; Chapter 7; Developing Treatment Goals; Chapter 8; Selecting Interventions; Part 4 Navigating the Transdiagnostic Road MapChapter 9; Implementing Treatment; Chapter 10; Assessing Progress, Changing Course, and Ending Treatment; Appendix; Road Map Worksheets; References; Index
Sommario/riassunto	Transdiagnostic treatment is the future of psychology. Mounting evidence shows that moving beyond treatment protocols that focus on a singular diagnosis and toward transdiagnostic approaches that target psychological mechanisms can improve outcomes. If you are seeking to correctly identify mechanisms and use them to select interventions that best meet the needs of your clients this book offers a powerful and

much needed guide. The Transdiagnostic Road Map to Case Formulation and Treatment Planning is the first book to provide an empirically-based method for identifying s

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