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Nota di contenuto	Part 1: Evidence-based psychotherapy, stigma and recovery -- Chapter 1. Introduction -- Chapter 2. Cognitive Behavioral therapy and its further developments, Metacognitive Therapies and Rehabilitation in mental health -- Chapter 3. Stigma -- Chapter 4. Recovery -- Part 2. Anxiety Disorders -- Chapter 5. Specific phobia -- Chapter 6. Social phobia -- Chapter 7. Panic disorder -- Chapter 8. Agoraphobia -- Chapter 9. Generalized anxiety disorder -- Part 3. Obsessive compulsive and related disorders -- Chapter 10. Obsessive-compulsive disorder -- Chapter 11. Trichotillomania (Hair pulling disorder) -- Part 4 Trauma -- Chapter 12. Posttraumatic Stress Disorder and Acute Stress Disorder -- Part 5. Somatic disorders -- Chapter 13. Somatic symptom disorder -- Chapter 14. Illness anxiety disorder -- Part 6. Depressive disorders -- Chapter 15. Major depressive disorder -- Chapter 16. Depressive disorder due to another medical condition -- Part 7. Bipolar and related disorders -- Chapter 17. Bipolar I disorder

-- Chapter 18. Bipolar II disorder -- Part 8. Schizophrenia and other psychotic disorders -- Chapter 19. Schizophrenia -- Chapter 20. Delusional disorder -- Part 9. Personality disorders -- Chapter 21. Personality disorders.

#### Sommario/riassunto

This book presents the evidence-based treatments in the context of cognitive behavioral therapy and rehabilitation in various disorders in combination with the clinical experience of the author in private practice. Every chapter is structured in the same form. Part A Basics: introduction, definition, the importance, discussion, revision questions, and Part B Disorders: abstract, introduction, clinical features, evidence-based treatments, discussion, revision questions. The book is addressed to psychology students, medicine students, to researchers, to psychotherapists, to psychiatrists and to non-experts. The language of the book is simple enough, so that non-experts can be informed about issues in mental health. The aim of the book is to minimize the stigma towards mental health problems, to give an optimistic message regarding the modern evidence-based treatments in mental health and to clarify that reintegration into society is a realistic goal nowadays.