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Titolo	Handbook of brief cognitive behaviour therapy [[electronic resource] /] / edited by Frank W. Bond, Windy Dryden
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Altri autori (Persone)	BondFrank W DrydenWindy
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Nota di contenuto	Handbook of Brief Cognitive Behaviour Therapy; Contents; About the Editors; List of Contributors; Preface; Chapter 1 Brief Cognitive-Behavioral Therapy: Definition and Scientific Foundations; Chapter 2 Assessment Issues in Brief Cognitive-Behavioral Therapy; Chapter 3 Brief ACT Treatment of Depression; Chapter 4 Panic Disorder with Agoraphobia; Chapter 5 Brief Cognitive Behavioral Intervention for Anger; Chapter 6 Cognitive Therapy for Generalised Anxiety Disorder; Chapter 7 ACT at Work; Chapter 8 Cognitive Therapy for Social Phobia Chapter 9 Brief Cognitive-Behavioral Interventions for Substance AbuseChapter 10 Brief Cognitive-Behavioral Therapy with Couples; Chapter 11 Child and Adolescence Problems; Chapter 12 Preventing and Treating Evaluation Strain: A Brief CBT Approach; Chapter 13 Preventing Counsellor Burnout in Brief Cognitive Behavior Therapy; Author Index; Subject Index
Sommario/riassunto	Brief Cognitive Behaviour Therapy can be applied to the treatment of a wide range of problems in many different settings. In this unique handbook, Frank Bond and Windy Dryden, have brought together a prominent cast of authors, to discuss issues concerning the definition, assessment and, in particular, the practice of brief Cognitive Behaviour

Therapy (CBT).Contents include:<sup>\*</sup> The difference between brief and regular CBT and evidence for its effectiveness.<sup>\*</sup> How to use brief CBT in your own area of practice.<sup>\*</sup> Applying brief CBT to emotional disorders, anxiety, workplace stress and

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