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Exposure for Posttraumatic Stress Disorder (PE-PTSD); Dialectical
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Motivational Interviewing (MI); Twelve-Step Facilitation
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Biofeedback for
Mental Disorders; Therapies from Complementary and Alternative
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Mindfulness-Based Cognitive Therapy (MBCT); Family Therapy;
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the Future; Anticipations in Neuroscience; Anticipations in
Psychological Theory; Next Steps: Further Training and Self-Study;
References; Glossary; Index

Sommario/riassunto

This is an introductory text on psychological theories and psychotherapy that approaches the topic from a multidisciplinary perspective. Written for psychiatry residents, but of notable relevance to other students and practitioners in medical and mental health fields, this book lays out a specific sequence for learning psychotherapy that emphasizes the fundamental importance of acquiring an appropriate foundational knowledge base in addition to learning the specific techniques of psychotherapies. Beyond emphasizing the details of major treatment models as well as the theory and research findin
