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Titolo	Cognitive Therapy in Groups [[electronic resource]] : Guidelines and Resources for Practice
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Note generali	Description based upon print version of record.
Nota di contenuto	Cognitive Therapy in Groups; Contents; About the Author; Preface to the Second Edition; Part One: Preliminary Considerations; Treatment Manual; Appendices; References; Index;
Sommario/riassunto	The book guides the therapist through the selection of participants and the main phases of cognitive therapy: education, identification of automatic thoughts using the ABC method, identification of schemas through the vertical arrow method, challenging negative thinking by objective and logical analysis, countering negative beliefs, deconditioning any associated autonomic nervous system responses, and maintaining healthy thinking by means of cognitive techniques.