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 metacognitions questionnaire (MCQ)

Sommario/riassunto

The clinical experience of cognitive therapies is adding to the
 understanding of emotional disorders. Based on clinical experience and
 evidence, this groundbreaking book represents a development of
 cognitive therapy through the concept of metacognition. It provides
 guidelines for innovative treatments of emotional disorders and goes
 on to offer conceptual arguments for the future development of
 cognitive therapy. Offers a new concept in cognitive therapy and
 guidelines for innovative treatment. Clinically grounded, based on a
 thorough understanding of cognitive therapies in practice. Written b