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Autore	Sburlati Elizabeth S.
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Sommario/riassunto	"Evidence-Based CBT is the first book to take an explicitly competencies-based approach to the cognitive-behavioural treatment of anxiety and depression in children and young people. It draws on top-name expertise to define and demonstrate the therapist competencies needed to effectively implement CBT"--"Covers a range of essential competencies including building a positive therapeutic relationship, case formulation, managing negative thoughts, changing maladaptive behaviours and modifying the family environment"--