

1. Record Nr.	UNINA9910830258603321
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Titolo	Cognitive Behavioral Group Therapy: Challenges and Opportunities
Pubbl/distr/stampa	John Wiley & Sons, Inc
Descrizione fisica	1 online resource (392 p.) : ill
Disciplina	616.891425
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	With coverage of the latest theory and research, this is a complete guide to implementing cognitive behavioral group therapy for practitioners and trainees in a range of mental health disciplines. Presents evidence-based protocols for depression, panic, social anxiety, generalized anxiety, posttraumatic stress, OCD, compulsive hoarding, psychosis, and addiction Provides innovative solutions for achieving efficient, effective therapy as mandated by emerging health care priorities, as well as trouble-shoots for common problems such as dropouts Details unique strategies for working with ethnic minorities and clients across the age spectrum, along with material on mindfulness augmentation and transdiagnostic approaches Includes clear, accessible instructions, complete with references to DSM-5 diagnostic changes, real-life clinical examples, and group session transcripts

2. Record Nr.	UNISALENTO991002576379707536
Titolo	Diritto del commercio internazionale : pratica internazionale e diritto interno
Pubbl/distr/stampa	Milano : Giuffrè, 1987-
ISSN	1593-2605
Disciplina	341.75405
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Periodico