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SIMPLY EFFECTIVE GROUP COGNITIVE BEHAVIOUR THERAPY: A PRACTITIONERS GUIDE



Routledge. Hardcover. Book Condition: New. Hardcover. 320 pages. Dimensions: 9.3in x 6.3in x 1.2in. Group Cognitive Behaviour Therapy (GCBT) and guided self-help widen the availability of evidence-based treatment for common mental health disorders. This volume provides GCBT protocols for common disorders as well as session-by-session teaching materials and self-help survival manuals covering: Depression Panic Disorder and Agoraphobia Post-Traumatic Stress Disorder Social Phobia Obsessive Compulsive Disorder Generalised Anxiety Disorder. The specifics of selecting and engaging clients in GCBT are first addressed and...

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