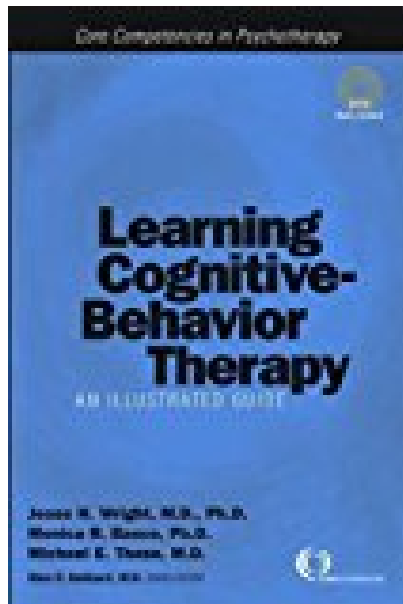


Learning Cognitive-Behavior Therapy

An Illustrated Guide



BOOK DETAILS

- Author : Jesse H. Wright
- Pages : 300 Pages
- Publisher : American Psychiatric Publishing
- Language : English
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BOOK SYNOPSIS

An instructive guide with videos on the DVD of master cognitive behavior therapists demonstrating how to implement the most important techniques of CBT, this book addresses the key features of CBT, the origins of the CBT model, and presents an overview of core theories and techniques.

LEARNING COGNITIVE-BEHAVIOR THERAPY AN ILLUSTRATED GUIDE -

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