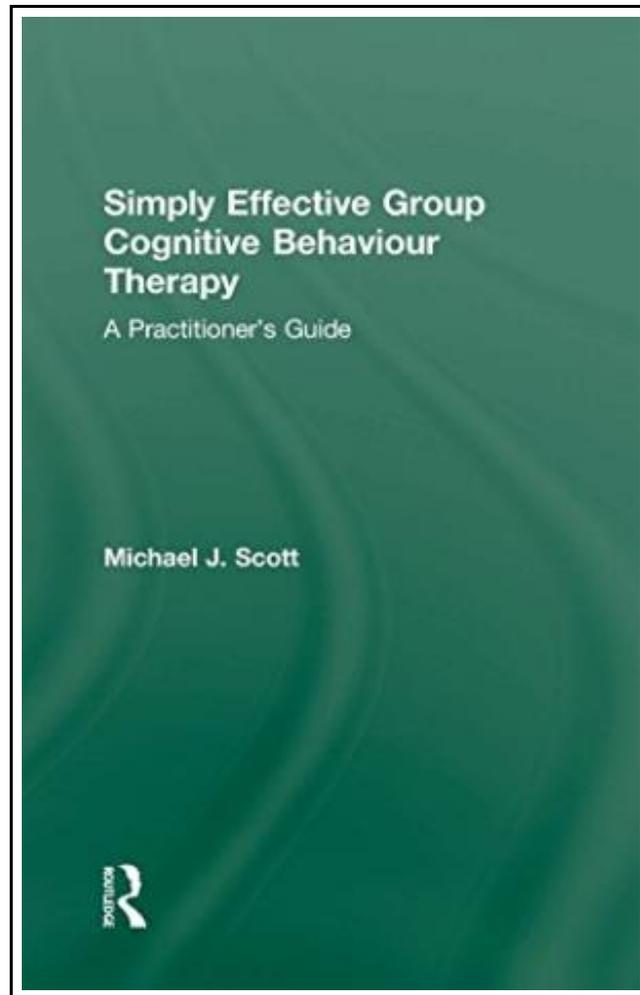


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SIMPLY EFFECTIVE GROUP COGNITIVE BEHAVIOUR THERAPY: A PRACTITIONERS GUIDE



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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 general group therapeutic skills are detailed. Transcripts of sessions show how group processes can be utilised to enhance outcome. Simply Effective Group Cognitive Behaviour Therapy adds to the armamentarium of tools for low intensity intervention and complements the high intensity individual approach of the companion volume Simply Effective Cognitive Behaviour Therapy. It will prove essential reading for all professionals using CBT with groups. Online resources: The appendices of this book provide self-help manuals, questionnaires and worksheets that can be downloaded free of charge to purchasers of the print version. Please visit the website [www. routledgementalhealth. com9780415573412](http://www.routledge.com/9780415573412) to find out more about this facility. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Hardcover.

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