

Cognitive Behavior Therapy Second Edition Basics And Beyond

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We are pleased to present this second edition of Cognitive – Behavioral Therapy. In this updated version, changes have been made to update citations and provide new discussions on exposure therapy, behavioral activation, cognitive bias modification training, and internet therapy. Michelle G. Craske shows why cognitive – behavioral therapy (CBT) has

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APA—Learning Cognitive-Behavior Therapy-Second Edition
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