



Cognitive Behaviour Therapy: An Information Guide (Paperback)

By Neil A Rector

Centre for Addiction and Mental Health, Canada, 2010. Paperback. Condition: New. New. Language: English . Brand New Book ***** Print on Demand *****.This is a brief, easy-to-read introduction for people who are considering or starting out in CBT, for family members and friends who would like to know more about the treatment, and for anyone else with an interest in CBT. The guide explains the thinking behind CBT, how it works and what conditions it can treat. It describes the process and strategies used in CBT, answers common questions about the therapy, and introduces alternative cognitive-behavioural approaches.



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