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Cognitive Therapy across the Lifespan: Evidence and Practice
An international team of experts examines the evidence supporting the effectiveness of cognitive-behavioral approaches for treating clinical problems across the lifespan. These experts analyze the cognitive models of psychopathology on which these treatments are based; identify the clinical and conceptual problems; and make specific recommendations for addressing them. The range of disorders covered includes depression, anxiety, panic disorder, schizophrenia, OCD, personality disorders, eating disorders, post-traumatic stress disorder, conduct problems and addiction.

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