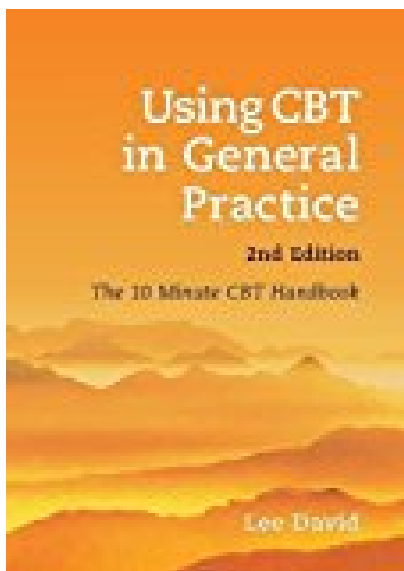


Using CBT in General Practice second edition The 10 Minute CBT Handbook



BOOK DETAILS

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BOOK SYNOPSIS

This manual provides easy-to-use, accessible ways for clinicians to add targeted CBT elements into the ongoing practice of psychotherapy across a range of treatment orientations and practice settings.

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