



## Cognitive Behaviour Therapies

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Cbt has become more established as the therapy of choice in recent years, and consequently different voices in the Cbt tradition have become prominent. This book brings together these voices by offering its readers a one-stop guide to the major approaches. Each chapter offers an overview of a particular approach to Cbt, covering historical development of the approach, theoretical underpinnings, practical applications, case examples and research status.

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