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Review “What was already an invaluable resource is further improved with the updated second edition. Beck describes the nuts and bolts of cognitive behavior therapy (CBT) and brings therapeutic processes and techniques to life through session narratives and case examples. Judith S. Beck, PhD, is President of the Beck Institute for Cognitive Behavior Therapy (www.beckinstitute.org), which provides state-of-the-art training in CBT and offers online courses on a variety of CBT topics, including Essentials of CBT: The Beck Approach. The leading text for students and practicing therapists who want to learn the fundamentals of cognitive behavior therapy (CBT), this book is eminently practical and authoritative. In a highly accessible, step-by-step style, master clinician Judith S. Beck demonstrates how to engage patients, develop a sound case conceptualization, plan ... Cognitive Behavior Therapy: Basics and Beyond, Second Edition SKU: 01t61000003AEbBAAW Categories: Books , English , Mental Health , OUR PRODUCTS , Professional , Psychology and Counseling There are many ways to increase your knowledge about CBT., Cognitive Behavior Therapy Second Edition Basics And Beyond.

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