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this book has been replaced by assessment of disorders in childhood and adolescence fifth edition isbn 978 1 4625 4363 2

much about this third edition of a guide to treatments that work remains as it was in the first and second editions like its predecessors this edition offers detailed evaluative reviews of current research on empirically supported treatments

written in most instances by clinical psychologists and psychiatrists who are major contributors to that literature similarly the standards by which the authors were asked to evaluate the methodological rigor of the research on treatments have also remained the same as before they provide information on the quality of the research on treatment efficacy and effectiveness that is reviewed

proven and effective cognitive behavior therapy is the most widely taught psychotherapeutic technique general principles and empirically supported techniques of cognitive behavior therapy provides students with a complete introduction to cbt it includes over 60 chapters on individual therapies for a wide range of presenting problems such as smoking cessation stress management and classroom management each chapter contains a table clearly explaining the steps of implementing each therapy written for graduate psychology students it includes new chapters on imaginal exposure and techniques for treating the seriously mentally ill

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this widely used book is packed with indispensable tools for treating the most common clinical problems encountered in outpatient mental health practice chapters provide basic information on depression and the six major anxiety disorders

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