



Cognitive Therapy for Depression and Anxiety

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This book provides the practising professional in mental health with a detailed guide to using cognitive therapy in the treatment of patients suffering from depression and anxiety - two of the most prevalent disorders encountered in the community. Although the book is aimed at psychiatrists, clinical psychologists, nurse therapists and general practitioners, all professionals in mental health care can benefit from the techniques of cognitive therapy as these will help them utilise their time with patients more fruitfully and economically.

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