



## Psychotherapy Essentials to Go: Cognitive Behavioral Therapy for Depression

By Mark Fefergrad

W. W. Norton & Company. Paperback. Book Condition: New. Paperback. A quick-reference, multi-media guide to using cognitive behavioral therapy (CBT) to treat depression. Rigorously field-tested by on-the-ground clinicians, this guidebook provides an easy-to-use, evidence-based summary of CBT to treat depression. CBT is a standard method of therapy treatment that all clinicians need to know how to practice, and this concise guideone of five in the Psychotherapy Essentials To Go serieslays out the basics so any clinician can implement it. Self-questionnaires, case studies, role play transcripts, diagrams, exercises, and worksheets make it easy for front-line case workers and therapists of all kinds to learn the fundamentals of this treatment modality and put it to use immediately. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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