



Cognitive and Behavioral Treatment: Methods and Applications

Edited by Donald K. Granvold

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This up-to-date book combines an introduction to cognitive and behavioral principles, concepts, and methods with applications of those methods to various populations. The application chapters provide detailed information regarding the population being treated and detailed descriptions of intervention strategies. Chapters are contributed by well-known experts on cognitive-behavioral methods of clinical treatment. Topics include work with children, work with adults, and interventions based on specific problems.

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