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Science and Practice
of **Cognitive
Behaviour
Therapy**
depression
suicide
OBSSES
bulimia
worry
phobia
therap

Edited by

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Resumo de Science and Practice of Cognitive Behaviour Therapy

Psychological treatments have proved very effective in treating a wide spectrum of psychiatric syndromes, including depression, panic disorder, generalized anxiety disorder, bulimia nervosa, hypochondriasis, chronic fatigue syndrome, premenstrual syndrome and social phobia.

The Science and Practice of Cognitive Behavior Therapy reviews the current literature and provides a useful examination of the science and practice within cognitive behaviour therapy. Both David Clark and Christopher Fairburn are acknowledged experts in the field and have succeeded in bringing together some of the world's foremost authorities in psychiatry.

Topics covered include: the scientific foundations of cognitive behaviour therapy, efficacy and dissemination of psychological treatments, panic disorders and social phobia, obsessive-compulsive disorder, sex therapy, and attempted suicide.

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