

# Cognitive Therapy In Clinical Practice: An Illustrative Casebook

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This volume contains examples of how cognitive therapists working in varied settings with groups of adult clients have applied the cognitive model in their domain.

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Participants. The present study draws from a project that evaluated the effectiveness of a treatment for depression given at the group therapy unit at the

Beck is known as the father of cognitive therapy and inventor of the widely used Beck Beck received a Lasker Clinical Research Award in 2006. citation

A cognitive behavioural therapy assessment model for Cognitive behavioural therapy and can usefully inform general clinical skills in everyday practice.

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1. J Consult Clin Psychol. 2009 Aug;77(4):595-606. doi: 10.1037/a0016032. Cognitive-behavioral therapy for adult anxiety disorders in clinical practice: a meta

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