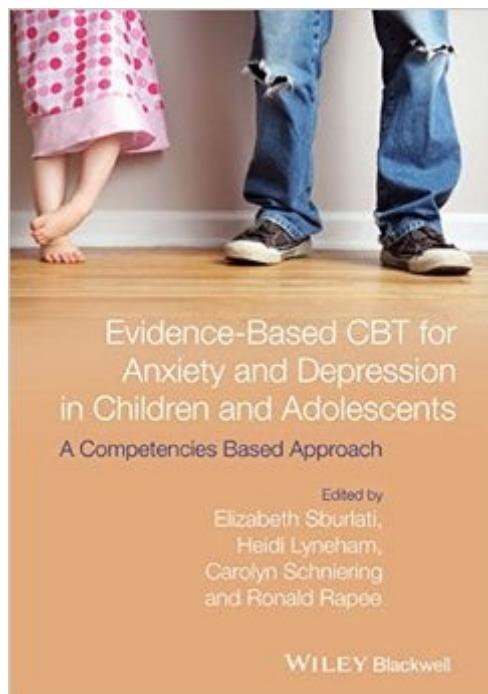


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# **Evidence-Based CBT For Anxiety And Depression In Children And Adolescents: A Competencies Based Approach**



## Synopsis

Evidence-Based CBT is the first book to take an explicitly competencies-based approach to the cognitive-behavioural treatment of anxiety and depression in children and young people. It draws on top-name expertise to define and demonstrate the therapist competencies needed to effectively implement CBT.

## Book Information

Paperback: 328 pages

Publisher: Wiley-Blackwell; 1 edition (May 12, 2014)

Language: English

ISBN-10: 1118469240

ISBN-13: 978-1118469248

Product Dimensions: 6.8 x 0.6 x 9.6 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

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