

HANDBOOK OF EVIDENCE BASED PSYCHOTHERAPIES

A GUIDE FOR RESEARCH AND PRACTICE

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At a time when evidence is everything, the comprehensive Handbook of Evidence-Based Psychotherapies handbook provides a unique, up-to-date overview of the current evidence-base for psychological therapies and major psychological disorders. The editors take a pluralistic approach, covering cognitive and behavioural therapies as well as counselling and humanistic approaches. Internationally-renowned expert contributors guide readers through the latest research, taking a critical overview of each practices strengths and weaknesses. A final chapter provides an overview for the future.

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