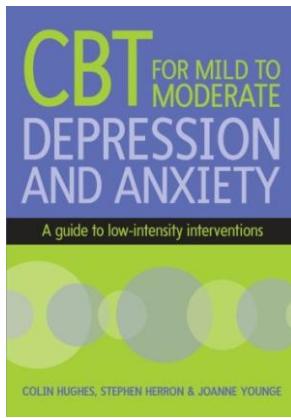


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CBT FOR MILD TO MODERATE DEPRESSION AND ANXIETY: A GUIDE TO LOW-INTENSITY INTERVENTIONS



Open University Press. Paperback. Book Condition: new. BRAND NEW, CBT for Mild to Moderate Depression and Anxiety: A Guide to Low-Intensity Interventions, Colin Hughes, Stephen Herron, Joanne Younge, Cognitive Behavioural Therapy for Mild to Moderate Depression and Anxiety provides information and support using evidence-based, low-intensity psychological treatments involving cognitive behavioural therapy (CBT) for mild to moderate mental illness. Its main focus is on supporting the low-intensity worker (Psychological Well-Being Practitioner) with patient self-management. The book closely mirrors the key components...

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