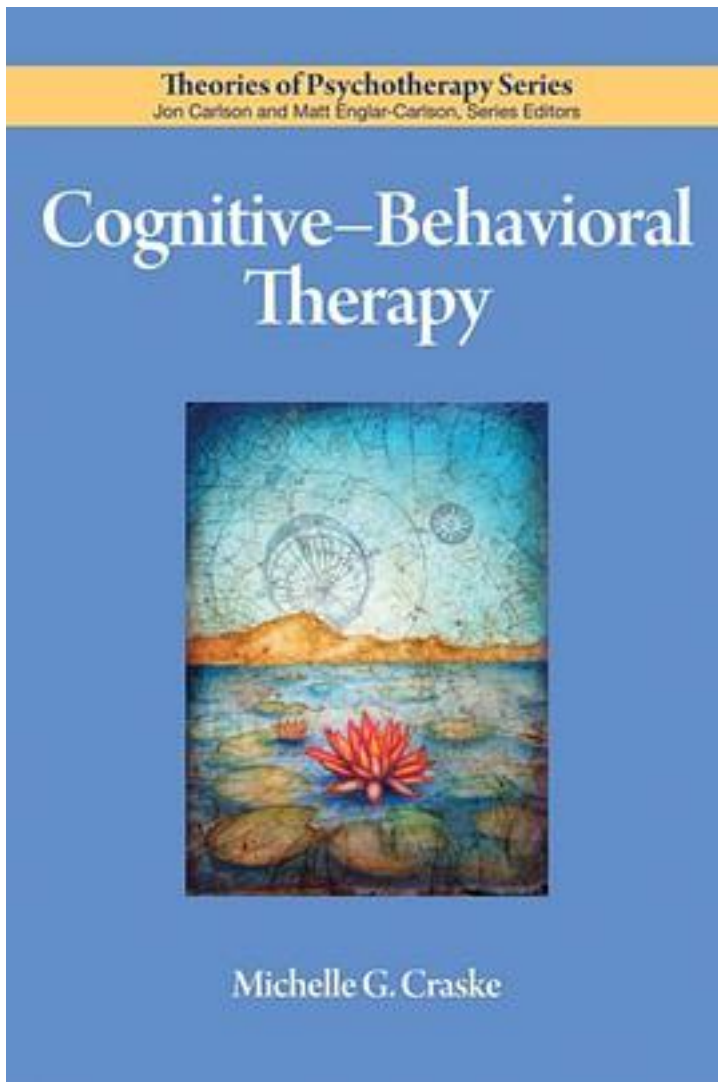


# Cognitive-behavioral Therapy



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著者:Craske, Michelle G.

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Although a number of variations on the original theory have developed over the decades, all types of cognitive--behavioral therapy are unified by their empirical foundation, reliance on the theory and science of behavior and cognition, and the centrality of problem-focused goals. In this book, Michelle G. Craske presents and explores this approach, its theory, history, the therapy process, primary change mechanisms, empirical basis, and future developments.

作者介绍:

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