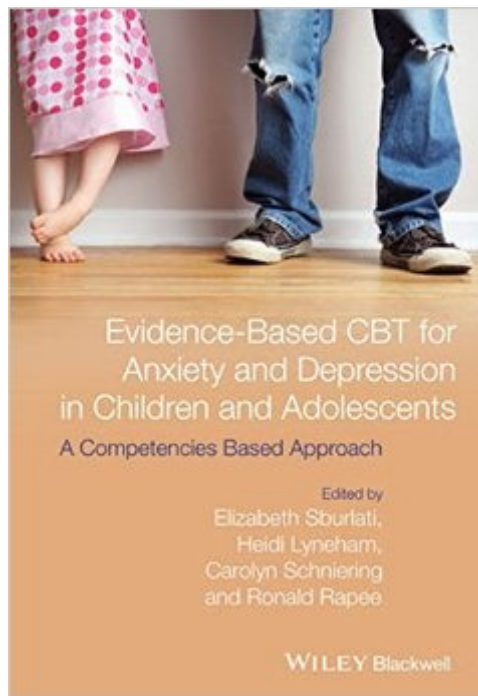


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# Evidence-Based CBT For Anxiety And Depression In Children And Adolescents: A Competencies Based Approach



## 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

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