



Frontiers of Cognitive Therapy

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Bringing together leading experts in the field, this book explores how cognitive therapy has become a treatment of choice not just for depression but for such diverse problems as eating disorders, health anxiety, OCD, panic, personality disorders, sexual problems, social phobia, and substance abuse. Theoretical and clinical issues that apply to particular populations, including children, adolescents, and the medically ill, are discussed in detail. In addition, important issues related to therapist competency, the therapeutic relationship, and empathy are systematically examined.

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