

The Wiley Handbook of Cognitive Behavioral Therapy, 3 Volume Set

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This three-volume guide to CBT is a major new reference work that provides an authoritative and fully up-to-date survey of the various clinical approaches to cognitive behavior therapy. Contributed by leading academics and professionals, the entries are presented in a rational and accessible format.

- Offers unrivalled coverage of CBT approaches to a full spectrum of mental disorders
- Contributors include many of the field's leading experts
- Covers the full range of CBT strategies, including new developments in the field, such as attention retaining strategies, acceptance techniques, mindfulness meditation, and disorder-specific emotion regulation skills
- Provides practical guidance backed by a wealth of case studies
- Includes the latest techniques and empirical data

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