



Psychological Approaches To Generalized Anxiety Disorder

Author :Holly Hazlett-Stevens / **Category :**Psychology / **Total Pages :** 190 pages

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Summary : Free psychological approaches to generalized anxiety disorder pdf download - concise yet without skimping on information this book reviews current theory and research addresses important diagnostic issues and provides salient details in a number of key areas related to gad assessment procedures and treatment planning are covered along with the latest therapy outcome data including findings on newer therapies also detailed are specific cognitive behavioral therapy techniques including cognitive strategies psychoeducation and anxiety monitoring

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