Overcoming Anxiety, Stress and Panic: A Five Areas Approach

Uses the proven and trusted five areas model of Cognitive Behavioural Therapy (CBT) to help people experiencing a range of symptoms associated with these conditions.

- Invaluable, proven practical and easy to use workbooks for all CBT practitioners, occupational therapists and healthcare workers to use to help the people in their care help themselves.
- CBT workbooks- easy to use, practical, photocopy them
- Expert advice from an award-winning author
- Proven to work- through years of research and practice
- Step-by-step success- follow the plan, see positive results
- Advice for friends and family to offer additional support

Publication Year 2012
Edition 3
Author/Editor Williams, Chris
Publisher CRC Press
ISBN 978-1-444-16314-8
Platform Ovid
Product Type Book
Speciality Psychology
Language English
Pages 0
Illustrations 0