

A Clinicians Guide To Think Good Feel Good Using Cbt With Children And Young People

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The major differences between the two is that where as 'Think Good Feel Good' provides a wealth of useful, printable resources and information for those wishing to adopt a CBT approach in their work with young people, which could/would undoubtedly prove adaptable and useful for a range of presenting issues, the Clinicians Guide provides a much more comprehensive overview of the skills, techniques and theory relevant to CBT, that individuals may or may not wish to incorporate into their ...

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