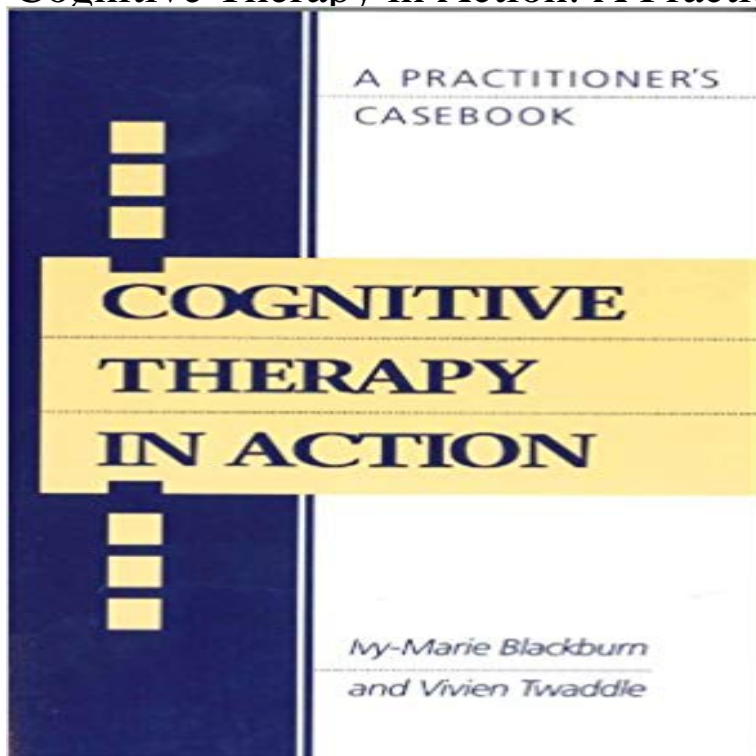


Cognitive Therapy in Action: A Practitioners Casebook



Cognitive therapy is the established method of helping people to overcome states of depression, anxiety or other emotional conditions. Not only do the authors explain the theory behind the treatment but this was the first collection of case studies to be published outside the United States. With an introduction to the development and application of cognitive therapy, the book goes on to outline how it can work for a therapist or counsellor. Covering cases from depression and panic disorder to bulimia and obsessive-compulsive disorder, giving details of the process of the therapy in each case. This is an invaluable practical guide to how cognitive therapy works for clinical psychologists, students, social workers, nurses and psychiatrists.

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, virtual reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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