



# **An Introduction to Modern CBT: Psychological Solutions to Mental Health Problems**

*Stefan G. Hofmann*

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"An Introduction to Modern CBT" provides an easily accessible introduction to modern theoretical cognitive behavioral therapy models. The text outlines the different techniques, their success in improving specific psychiatric disorders, and important new developments in the field.

- Provides an easy-to-read introduction into modern Cognitive Behavioral Therapy approaches with specific case examples and hands-on treatment techniques - Discusses the theoretical models of CBT, outlines the different techniques that have been shown to be successful in improving specific psychiatric disorders, and describes important new developments in the field - Offers useful guidance for therapists in training and is an invaluable reference tool for experienced clinicians

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