



# Cognitive Behaviour Therapy: Foundations for Practice

*Frank Wills, Diana J Sanders*

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## **Cognitive Behaviour Therapy: Foundations for Practice** Frank Wills, Diana J Sanders

In their established introduction to contemporary Cbt theory and practice, Diana Sanders and Frank Wills show how therapeutic change takes place across a network of cognitive, emotional and behavioral functioning. They explain the central concepts of Cbt and illustrate - with numerous case examples - how these can effectively be put into practice at each stage of the therapeutic process.

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