



# **Cognitive-Behavioral Strategies in Crisis Intervention, Third Edition**

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### Cognitive-Behavioral Strategies in Crisis Intervention, Third **Edition**

#### Cognitive-Behavioral Strategies in Crisis Intervention, Third Edition

This invaluable practitioner guide and text shows how cognitive-behavioral interventions can help people weather situations of extreme stress and build needed skills for the future. Leading authorities describe effective, time-efficient approaches to managing different types of crises: those related to particular psychological problems, such as panic disorder, suicidal depression, and personality disorders; medical crises; child and family crises; and environmental and situational crises, including large-scale traumatic events. Vivid case material illustrates what the interventions look like in action and how to tailor them to individual clients' needs.



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