

Brain Based Therapy For Anxiety: Workbook For Clinicians & Clients

By John B. Arden PhD

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John Arden, "Brain Based Therapy for Anxiety: A Workbook for Clinicians and Clients" ISBN: 1936128004 | 2014 | EPUB/PDF | 138 pages | 704 KB/ 2 MB

Dr. john arden | brain based therapy

Brain-Based Anxiety Work Book; Brain-Based Therapy for OCD Workbook; Dr. John Arden has presented seminars in over 20 countries and all but four US States.

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The approach that Dr. Elizabeth Michas utilizes emphasizes brain-based such as Cognitive Behavioral Therapy (CBT), Mindfulness-based Stress Reduction

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