



Cognitive and Behavioral Interventions: An Empirical Approach to Mental Health Problems

Linda W. Craighead, W. Edward Craighead, Alan E. Kazdin, Michael J. Mahoney

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This high-level edited volume provides a balanced discussion of both cognitive and behavioral perspectives of mental health issues, emphasizing the broad range of applications and wide variety of disorders in which interventions have been shown to be effective. Covers disorders and problem areas in both adult and child/adolescent populations, reflects the views and conclusions of the active researchers in the field, focuses on empirical validation and differing approaches in and across problem areas, and future directions in the field are covered throughout the book. Clinical Psychologists and Psychiatrists. A Longwood Professional Book.

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