



# Cognitive Behavior Therapy in Nursing Practice

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**Cognitive Behavior Therapy in Nursing Practice** Arthur Freeman EdD ABPP  
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This is a manual on integrating cognitive behavior therapy (CBT) into advanced practice psychiatric nursing. The distinguished contributors provide an overview of CBT and how it fits into nursing practice and theory. The book incorporates chapters on psychiatric conditions most commonly treated with CBT, including depression and anxiety, as well as chronic pain and substance abuse. The special needs of families, couples, the elderly, and groups are also addressed. Contributors include Sister Callista Roy and Bruce Zahn. This is a valuable text for students as well as a reference and resource book for clinicians.

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