



# Integrative CBT for anxiety disorders [ an evidence-based approach to enhancing cognitive behavioral therapy with mindfulness and hypnotherapy /

Alladin, Assen,  
author

Anxiety disorders-

Cognitive therapy

Electronic books

Monografía

<https://rebiunoda.pro.baratznet.cloud:38443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhemF0ei5yZW4vMTgzODMxMjQ>

**Título:** Integrative CBT for anxiety disorders [Recurso electrónico] : an evidence-based approach to enhancing cognitive behavioral therapy with mindfulness and hypnotherapy Assen Alladin

**Descripción física:** 1 online resource (343 pages)

**Mención de serie:** E-Libro

**Nota general:** Description based on print version record

**Bibliografía:** Includes bibliographical references and index

**Versión original:** Print version Alladin, Assen. Integrative CBT for anxiety disorders : an evidence-based approach to enhancing cognitive behavioral therapy with mindfulness and hypnotherapy. Chichester, England : Wiley Blackwell, c2016 xv, 324 pages,. 9781118509920 2015021084

**Detalles del sistema:** Modo de acceso: World Wide Web

**Fuente de adquisición directa:** E-Libro

**ISBN:** 9781118509920 9781118509883 e-book)

- (+34) 91 456 03 60
- [informa@baratz.es](mailto:informa@baratz.es)