



# **Evidence-Based CBT for Anxiety and Depression in Children and Adolescents: A Competencies Based Approach**

*Elizabeth S. Sburlati, Heidi J. Lyneham, Carolyn A. Schniering, Ronald M. Rapee*

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*Evidence-Based CBT* is the first book to take an explicitly competencies-based approach to the cognitive-behavioural treatment of anxiety and depression in children and young people. It draws on top-name expertise to define and demonstrate the therapist competencies needed to effectively implement CBT.

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