



Handbook of Homework Assignments in Psychotherapy: Research, Practice, and Prevention

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This handbook is the first resource for the practicing clinician that addresses the role of homework – patients' between-session activities - across major therapeutic paradigms and complex clinical problems. The book opens with a series of practice-orientated chapters on the role of homework in different psychotherapies. A wide range of psychotherapy approaches are covered, each illustrated with clinical examples. The book includes valuable coverage of complex and chronic disorders. Novice and seasoned psychotherapists from all training backgrounds will find useful ideas in this volume.

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