

## Selecting Effective Treatments A Comprehensive Systematic To Treating Mental Disorders Includes Dsm 5 Update Chapter

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This thoroughly revised and updated version of Linda Seligman's classic book, *Selecting Effective Treatments*, presents a comprehensive, systematic research-based approach to the diagnosis and treatment of all the major mental disorders found in the Diagnostic and Statistical Manual of Mental Disorders.

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Selecting Effective Treatments helps simplify and organize the treatment planning process by putting critical information and useful planning strategies at your fingertips Get up to speed on the latest changes to the DSM-5 Conduct evidence-based treatment suited to your therapeutic style Construct Client Maps to flesh out comprehensive treatment plans Utilize assessment methods that reflect the changes to the DSM-5 multiaxial system Effective treatment begins with strategic planning, and it ...

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