



CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety.

Dr James Manning, Dr Nicola Ridgeway

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CBT Worksheets for Teenage Social Anxiety is a resource that can be used by CBT therapists, and CBT therapists in training, to guide them simply through the processes involved in offering CBT for social anxiety to teenagers. This book can be given to clients to complete worksheets as they progress through therapy. This book may also be useful for teenagers who are considering having CBT for symptoms of social anxiety, or for teenagers who are on waiting lists for CBT therapy.

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