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Anger management for substance abuse and mental health

Anger Management for Substance Abuse and Mental Health Clients: A Cognitive Behavioral Therapy Manual

Anger management: a cognitive behavioral approach

The treatment model described in this manual is a combined CBT approach that employs relaxation, cognitive, and communication skills interventions.

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This monograph presents an anger-management treatment manual utilizing mindfulness and cognitive-behavior approaches. This program was implemented and evaluated in

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