



# **The Practice of Multimodal Therapy: Systematic, Comprehensive, and Effective Psychotherapy**

*Arnold A. Lazarus*

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## **The Practice of Multimodal Therapy: Systematic, Comprehensive, and Effective Psychotherapy**

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This book offers a practical, step-by-step guide to every phase of assessment and therapy, from the initial interview to follow-up treatments aimed at preventing relapse once formal treatment is over.

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