

## VEJLEDENDE LITTERATURLISTE

### Hovedværker / Primærlitteratur

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### Eksempler på øvrig litteratur modul 1:

#### **Grundlæggende CBT:**

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## **Depression og Selvmordsforebyggelse**

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## **Angst**

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### **Eksempler på øvrig litteratur modul 2:**

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### **Personlighedsforstyrrelser, misbrug m.m.:**

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### **Eksempler på øvrig litteratur modul 3 og 4:**

#### **Kognitiv Coaching:**

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### **Metakognitiv terapi:**

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### **Compassion Focused Psychotherapy**

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