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1. J Consult Clin Psychol. 2003 Aug;71(4):821-5. Group cognitive-behavioral therapy for generalized anxiety disorder: treatment outcome and long-term follow-up.

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Nathan, Paula MPsych; Norton, Peter J. PhD. emotional disorders; cognitive-behavioral therapy. transdiagnostic (or unified) treatment protocols that

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Funayama T, Watanabe N, Noda Y, Furukawa TA: Group cognitive behavior therapy for Japanese patients C, Lampe L, Page A: The Treatment of Anxiety

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If there was cognitive behavioral group therapy available in your area, would you attend it?

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