

## Litteratur til fordypningsprogrammet i klinisk voksenpsykologi IAP 2

Litteraturlisten er ment som en bakgrunn og en oppfordring til å fordype seg. Innholdet er dels tematikk som dekkes i de ulike kursene, og dels mer generell teori som gjenspeiler IAPs grunnholdninger til terapeutisk endringsarbeid og behandling. De forskjellige foreleserne kan i tillegg ha annen anbefalt litteratur til sine kurs. God lesning!

Til samling 1:

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## **Kognitiv terapi ved psykoser**

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## **Kognitiv terapi ved angst og depresjon**

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