



Coping Skills Group: A Session-by-Session Guide

Ph.D., and Kim Mueser, MSW, Susan Gingerich

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This guide provides the necessary ingredients to improve the lives of patients who have significant problems related to their mental illness. It is a step-by-step manual for group leaders using evidence-based practices for mental health. It includes guidelines for using cognitive-behavioral strategies to teach more effective coping. For group members, program places strong emphasis on putting knowledge, strategies and skills into practice!

Contains ten modules, each covering a major topic area, a structured step-by-step group format, 50 leader instruction sheets, and 50 easy-to-read client handouts. Guide comes with CD containing easy-to-reproduce PDFs of all worksheets.

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