
Dr Plajer Essen Borbeck

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Dr Melanie Fennell Overcoming Low

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Overcoming Low Self-Esteem (Audiobook) by Dr Melanie

...

DR MELANIE FENNELL is the author of Overcoming Low Self-Esteem and Overcoming Low Self-Esteem Self-Help Course. She currently works as the Director of an advanced cognitive therapy course, which is a collaborative venture between the Oxford Cognitive Therapy Centre (OCTC) and Oxford University.

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MELANIE FENNELL is one of the pioneers of CBT for depression in the UK. As a research clinician in the Oxford University Department of Psychiatry, she has contributed to developing evidence-based treatments for anxiety and depression, including Mindfulness-Based Cognitive Therapy. She teaches at the Oxford Mindfulness Centre.

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Melanie Fennell's acclaimed and bestselling self-help guide will help you to understand your low self-esteem and break out of the vicious circle of distress, unhelpful behaviour and self-destructive thinking.

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Overcoming Low Self-esteem Dr Melanie Fennell

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MELANIE FENNELL is one of the pioneers of CBT for depression in the UK. As a research clinician in the Oxford University Department of Psychiatry, she has contributed to developing evidence-based treatments for anxiety and depression, including Mindfulness-Based Cognitive Therapy. She teaches at the Oxford Mindfulness Centre.

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Overcoming Low Self-Esteem by Melanie Fennell

Overcoming Low Self-Esteem Self-help Programme: A 3-part Programme Based on Cognitive Behavioural Techniques by Melanie Fennell (2006-01-26)

Amazon.co.uk: Melanie Fennell: Books

Melanie Fennell has developed a simpler, more accessible version of her bestselling book Overcoming Low Self-Esteem. Hugely readable and insightful, her CBT-based approach will help you to rebuild your self-confidence step-by-step. Poor self-confidence can affect many areas of your life,...

Boost Your Confidence: Improving Self-Esteem Step-By-Step ...

Two treatment programs for low self-esteem have gained particular prominence. A psychologist called Melanie Fennell developed an influential cognitive behavioral model of low self-esteem. Fennell's model says that throughout your life you form negative beliefs about yourself which she called your 'bottom line'.

Low Self-Esteem | Psychology Tools

Treatment was conducted on an individual outpatient basis, and consisted of 10 sessions, each lasting an hour. The treatment was based on Fennell, 1997, Fennell, 1999, Fennell, 2006 CBT protocol for overcoming low self-esteem and included four phases: 1. Individualised formulation, goal-setting and psychoeducation (sessions 1-2) 2.