



# Empowering Vulnerable Population: Cognitive-Behavioral Interventions

*Mary Keegan Eamon*

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Empowering Vulnerable Populations is the first source book for cognitive-behavioral interventions used with vulnerable populations. The book presents and evaluates a broad range of CB interventions that assist vulnerable populations in attaining empowerment-related goals. The author demonstrates the consistency of CB applications with an empowerment perspective, the importance of CB intervention methods, and the need for continued research on how these methods can assist vulnerable groups in attaining empowerment outcomes.



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