



Manual for Therapists

COGNITIVE BEHAVIOUR THERAPY for CFS/ME

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NB This manual was used in the PACE trial by healthcare professionals to support Cognitive Behaviour Therapy (CBT) and is available free of charge for down-loading at www.pacetrial.org, so long as no changes are made. Any use of this manual should acknowledge the PACE trial (www.pacetrial.org). This treatment should only be delivered by appropriately qualified healthcare professionals, who have received appropriate training and continued supervision in the use of CBT. The treatment described was not designed to be a stand-alone self-help approach. No responsibility is accepted by the authors for the application of CBT described in this manual outside of the PACE trial. The PACE trial team are unable to respond to queries or comments regarding the use of this manual or the treatment described.

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