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Cognitive behavior therapy is an empirically supported treatment approach for a myriad of disorders and presenting complaints (e.g., clinical depression, anxiety disorders, substance abuse, chronic pain management, smoking cessation, weight management, eating disorders).

Introduction to Cognitive Therapy. Cognitive theory thus empha-

sises the role of cognitions (thoughts, assumptions and core beliefs) in explaining the way people feel. For example, when people feel anxious it is because they are predicting that an imminent situation will be threatening in some way.

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Cognitive behavioural therapy (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave. It's most commonly used to treat anxiety and depression, but can be useful for other mental and physical health problems. How CBT works

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Introducing Cognitive Behavioural Therapy (CBT): A Practical Guide - Ebook written by Elaine Foreman, Clair Pollard. Read this book using Google Play Books app on your PC, android, iOS devices. Download for offline reading, highlight, bookmark or take

notes while you read Introducing Cognitive Behavioural Therapy (CBT): A Practical Guide.

Cognitive Behavioural Therapy, commonly known as CBT, has roots stretching back as far as the ancient Greeks. It is a talking cure – a branch of therapy widely regarded as effective in curing or at least alleviating the symptoms of a wide range of disorders from anorexia to post-traumatic stress disorder.

Cognitive behavioral therapy - Mayo Clinic

Cognitive behavioral therapy aims to change our thought patterns, our conscious and unconscious beliefs, our attitudes, and, ultimately, our behavior, in order to help us face difficulties and achieve our goals. Psychiatrist Aaron Beck was the first to practice cognitive behavioral therapy.

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This CBT (Cognitive Behaviour Therapy) course takes a comprehensive, practitioner level look at the topic of CBT teaching you just the essentials you need to know to help people change their lives. It teaches CBT therapy skills which can help to treat anxiety, depression, addictions and a variety of other problems presented in counselling and psychotherapy like anger, self-esteem and confidence.

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