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Cognitive behavioral therapy is a short-term, skill-based psychotherapy treatment that helps people learn to assert more influence over their thoughts, behaviors, and feelings to effectively solve life's challenges. To appreciate how CBT works, it will be helpful to understand the core components of the CBT model: 1.

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An Introduction to Cognitive Behaviour Therapy: Skills And ...

Summary The phrase cognitive-behavioural, an unwieldy conjunction of two unlikely- sounding complementary parts, first came into usage in the 1970s in the work of a number of psychologists working in the United States and Canada.

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An Introduction to Cognitive Behaviour Therapy - Helen ...

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explore how theory can be used to
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