

Download Cognitive Behavior Therapy Second Edition Basics And Beyond

Industry Reviews "Anyone who wants to find out about Cognitive Behavior Therapy (CBT) and how to apply it in practice need look no further. The second edition of Beck's excellent, bestselling book provides an easy-to-follow, step-by-step guide to delivering the various elements of CBT. Cognitive behavioral therapy (CBT) is a psycho-social intervention that aims to improve mental health. CBT focuses on challenging and changing unhelpful cognitive distortions (e.g. thoughts, beliefs, and attitudes) and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems. Cognitive therapy (CT) is a type of psychotherapy developed by American psychiatrist Aaron T. Beck. CT is one of the therapeutic approaches within the larger group of cognitive behavioral therapies (CBT) and was first expounded by Beck in the 1960s. Cognitive behavioral therapy (CBT) is a type of therapy that has been used for decades to treat a variety of disorders, from depression and anxiety to eating disorders and insomnia., Cognitive Behavior Therapy Second Edition Basics And Beyond.

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