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What is Cognitive Behavioral Therapy

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Behaviour Research and Therapy - Journal - Elsevier

Psychotherapy Research seeks to enhance the development, scientific quality, and social relevance of psychotherapy education, policy, and practice.

Psychotherapy Research: Vol 30, No 8 - Taylor & Francis

Psychotherapy (also psychological therapy or talking therapy) is the use of psychological methods, particularly when based on regular personal interaction with adults, to help a person change behavior and overcome problems in desired ways. Psychotherapy aims to improve an individual's well-being and mental health, to

resolve or mitigate troublesome behaviors, beliefs, compulsions, thoughts, or ...

Psychotherapy - Wikipedia

WHEREAS: psychotherapy (individual, group and couple/family) is a practice designed varyingly to provide symptom relief and personality change, reduce future symptomatic episodes, enhance quality of life, promote adaptive functioning in work/school and relationships, increase the likelihood of making healthy life choices, and offer other benefits established by the collaboration between client/patient and psychologist (American Group Psychotherapy Association, 2007; APA Task Force on ...

Recognition of Psychotherapy Effectiveness

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