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The effectiveness of mindfulness-based cognitive therapy groups in clinical practice corresponds with the evidence base – participants maintained or improved clinical and social functioning. Further research is needed to help determine effectiveness over a longer follow-up period. Mental Health Practice. 19, 5, 28-35.

Mindfulness-based cognitive therapy in clinical practice

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To identify the current cognitive assessment tools used in occupational therapy practice, several researchers surveyed clinicians working in various clinical settings in developed countries, including Canada, USA, Australia, Sweden, and Japan. Many respondents reported the use of standardized assessment approaches because they consider them to be more "formal" assessments of cognition to help identify the client's deficits.

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Cognitive Therapy in Clinical Practice — Oxford Neuroscience

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.

Cognitive behavioural therapy (CBT) - NHS

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He served as an Extramural Scholar at the Beck Institute for Cognitive Behavior

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