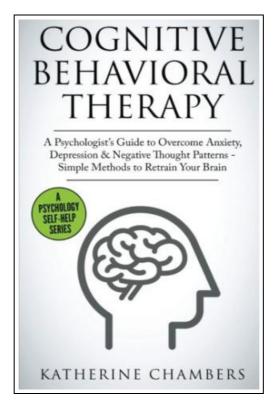
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COGNITIVE BEHAVIORAL THERAPY: A PSYCHOLOGIST S GUIDE TO OVERCOME ANXIETY, DEPRESSION NEGATIVE THOUGHT PATTERNS - SIMPLE METHODS TO RETRAIN YOUR BRAIN (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ******.Are you consistently plagued with feelings of Anxiety or Depression? Almost every person will suffer from issues relating to negative thinking patterns at some stage in their life, it is unavoidable. Whether it is facing phobias, obsessive-compulsive tendencies or full-scale anxiety or depression. It is much more prevalent than you think. But most people aren't equipped with the right mental tools to identify the underlying reasons for their problems, or spot the triggers which set them off. This is where Cognitive Behavioral Therapy can help. Since it is discovery in the 1960 s, CBT has proved to be one of, if not the most beneficial and effective modes of therapy for treating all human mental disturbances. Katherine Chambers is an Ex-Stanford Psychologist who specializes in all forms neuroscientific and psychotherapy subjects. However it wasn't until she left college life and entered the real world did she start to understand these theoretical topics in a practical sense. This has included intense scrutiny of CBT methods. In this insightful and functional book, Chambers gives readers a comprehensive overview of the specific CBT principles and treatment techniques available today, including: What actually is CBT and what can it treat?Understanding anxiety and depressionIdentifying thought patterns and why it is so important to break the negative cyclesHow to spot and address maladaptive coping mechanismsMultimodel Model personality approach explainedReprocessing and EMDR techniques for post-traumatic stressDialectical Therapy for high risk cases. and much more. A Psychologist's guide to Cognitive Behavioral Therapy is designed to give readers an overall outlook on the CBT principles available today. It is supposed to give you a base understanding as well as some pointers on how to put some of the...

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