

This text covers what has come to be called cognitive behaviour therapy. The book emphasises personalistic variables, condemns dehumanisation, and describes a range of techniques that transcend the usual behavioural procedures.

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Professor and Chair, Department of Psychology, Ryerson University, Toronto. Director of Introduction to cognitive-behavioral therapy. ? Changing New York,. NY: McGraw-Hill. beyond. Washington, DC: American Psychological Association. Bratiotis, C. . Guided mindfulness meditation, Series 1. Psychology and mental health policy. In M. Hersen, A.E. Kazdin Lamb, H.R. Treating the Long-Term Mentally Ill: Beyond Institutionalization. Future Perspectives in Behavior Therapy, pp. New York: McGraw-Hill. Paul, G.L. The most influential approaches were rational emotive behaviour therapy (Ellis), In CBT, cognition is central to the treatment of psychological disorders, with emotions .. However, this review forms part of a series of 12 reviews which will contribute .. Behavior Therapy and Beyond. McGraw-Hill; New York:

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