



Cognitive Behavioral Therapy - CBT - The Basics and Beyond: CBT Workbook - Modern Psychology: Applied Psychology (Cognitive Behavior Therapy 1)

Rebeca Franks

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Cognitive-behavioral therapy (CBT) is an evidence-based treatment option that was developed through decades of research and psychological concepts. When dealing with conditions such as anxiety and depression, CBT is one of the most effective treatments available. For those that suffer from mild anxiety, many successfully recover without the need for any medication based on the direct and focused nature of CBT. Although it is a great option for those that suffer from these specific conditions, CBT is not limited. It can successfully address issues regarding self-esteem, addiction, eating disorders, chronic pain, and so many other psychologically-based conditions and disorders.

By reading this book, you'll better understand the basics of CBT, the history behind CBT, various methods, criticisms, and so much more. This book displays ways in which individuals learn to think about an issue through new and healthier thought patterns. In turn, problematic behaviors are addressed which are brought on by these distressing thought patterns. You will learn how the following steps positively impact those that take part in this well-respected therapy:

Identify the issues or conditions that are causing problems.

Individuals then challenge these thought processes, changing their behaviors through various methods.

Although CBT may not cure all conditions or make unpleasant situations disappear, it does provide individuals with the power to face their thoughts and behaviors in a healthier, more balanced way. Skills learned in therapy are meant to assist an individual long-term, as they continually improve. Offered through a variety of methods and forms, CBT is one of the most respected and recommended therapies offered today. Through this book, you will better understand CBT and how it has helped millions recover from a wide range of disorders and conditions, providing a more positive future and improving their overall well-being.

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