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What is the fundamental nature of cognitive therapy? It is, to my way of thinking, simple but profound. To understand it, it is useful to think back to the history of behavior therapy, to the basic development made by Joseph Wolpe.

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Whereas the efficacy of cognitive remedy for melancholy is easily demonstrated, each clinician is probably going to come across sufferers who don't reply to "standard" protocols. during this hugely functional quantity, best experts supply a unified set of scientific instructions for conceptualizing, assessing, and treating difficult displays of melancholy.

### **Comprehensive Casebook of Cognitive Therapy by Aurthur**

Reviews the book, Comprehensive handbook of psychotherapy integration edited by George Stricker and Jerold R. Gold (see record 1993-97695-000).

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This is the golden age of cognitive therapy. Its popularity among society and the professional community is growing by leaps and bounds. What is it and what are its limits? What is the fundamental nature of cognitive therapy? It is, to my way of thinking, simple but profound. To understand it, it

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### **Comprehensive casebook of cognitive therapy (Book, 1992**

In conclusion, this casebook is clearly presented and is a must for cognitive therapists. For those who remain concerned about the empirical foundations of cognitive therapy and exaggerated claims of cognitive therapists, it is yet another missed opportunity.

### **Comprehensive casebook of cognitive therapyA. Freeman & F**

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