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The second edition of Judith Beck's book has much to offer anyone who is interested in CBT or who is comtemplating, engaging in or has

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just completed training as a CB therapist. There are chapters on all the concepts an introductory text should be covering, mostly written in a clear, uncomplicated style and updated from the 1995 original.

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We are pleased to present this second edition of Cognitive-Behavioral Therapy. In this updated version, changes have been made to update citations and provide new discussions on exposure therapy, behavioral activation, cognitive bias modification training, and internet therapy. Michelle G. Craske shows why cognitive-behavioral therapy (CBT) has

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In this revised edition of Cognitive-Behavioral Therapy, Michelle G. Craske discusses the history, theory, and practice of this commonly practiced therapy. Cognitive-behavioral therapy (CBT) originated in the science and theory of classical and instrumental conditioning when cognitive principles were adopted following dissatisfaction with a strictly behavioral approach.

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By Judith S. Beck, PhD Beck Institute President. I ' m excited to introduce the third edition of Cognitive Behavior Therapy: Basics and Beyond, published on September 30 with a great deal of new material. Before writing this revision, I asked for feedback on the second edition from mental health practitioners all over the world.

~~What ' s New in the Third Edition of Cognitive Behavior ...~~

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