

# **Cognitive Therapy: Basic Principles And Applications**

## **By Robert L. Leahy**

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### **The basic principles of cognitive behavior therapy**

Although therapy must be tailored to the individual, there are, nevertheless, certain principles that underlie cognitive behavior therapy for all patients. I

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### **Basic principles for applying cognitive**

DEFICITS IN SELF-CONCEPT. Cognitive therapy changes deficits in self-concept by challenging automatic thoughts (discussed later), schemas, and core beliefs.

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Cognitive behavioral therapy (CBT) is a form of psychotherapy and therapy based upon a combination of basic behavioral and cognitive principles.

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## **Basic principles of cognitive behaviour therapy -**

Below are some specific principles central to CBT. Many may be shared by other approaches but the combination of these principles goes some way towards understanding CBT.

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In session with Judith S. Beck, PhD: Cognitive-Behavioral Therapy. L. Cognitive Therapy: Basic Principles and behavior therapy: skills and applications

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Cognitive therapy is a comprehensive system of psychotherapy, their basic understanding of themselves, their worlds, and other people.

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Cognitive behavior therapy (CBT) is a pragmatic, Cognitive Behavior Therapy: Basic Principles and Recent Advances Author: Eshets Last modified by: hftoran

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1. J R Soc Promot Health. 1999 Dec;119(4):244-6. Cognitive behaviour therapy: its evolution and basic principles. Shawe-Taylor M, Rigby J. Psychology Department

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