

Cognitive Therapy: Basic Principles And Applications

By Robert L. Leahy

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

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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

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

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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