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Teaching Tools 3: Cognitive Behavioural Approach for Secondary Staff and Students (Mixed media product)

By Tina Rae, Sandy Egan

Speechmark Publishing Ltd, United Kingdom, 1999. Mixed media product. Book Condition: New. 1st New edition. 297 x 210 mm. Language: English . Brand New Book. Cognitive Behaviour Therapy (CBT) is a specific, goal-orientated therapy which often results in positive change within a short period of time, unlike traditional psychotherapy which can take many years to produce positive results. CBT emphasises the role that thoughts play in regard to both emotions and behaviours. It advocates that changing thought processes can have a significant effect upon altering behaviours. CBT offers individuals a way of talking about themselves, their world and other people and about how what they do affects their thoughts and feelings. Unlike many other talking treatments CBT focuses upon the here and now and ways to improve the individual's state of mind in the present time as opposed to focusing on causes of distress of past symptoms. This programme for young people introduces and teaches the key elements and skills of a Cognitive Behavioural Approach. Participants are taught that by changing thought processes they can have a significant effect in altering behaviours. Change Your Mind - Skills-based Learning There is a wealth of recent research to show that CBT...



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