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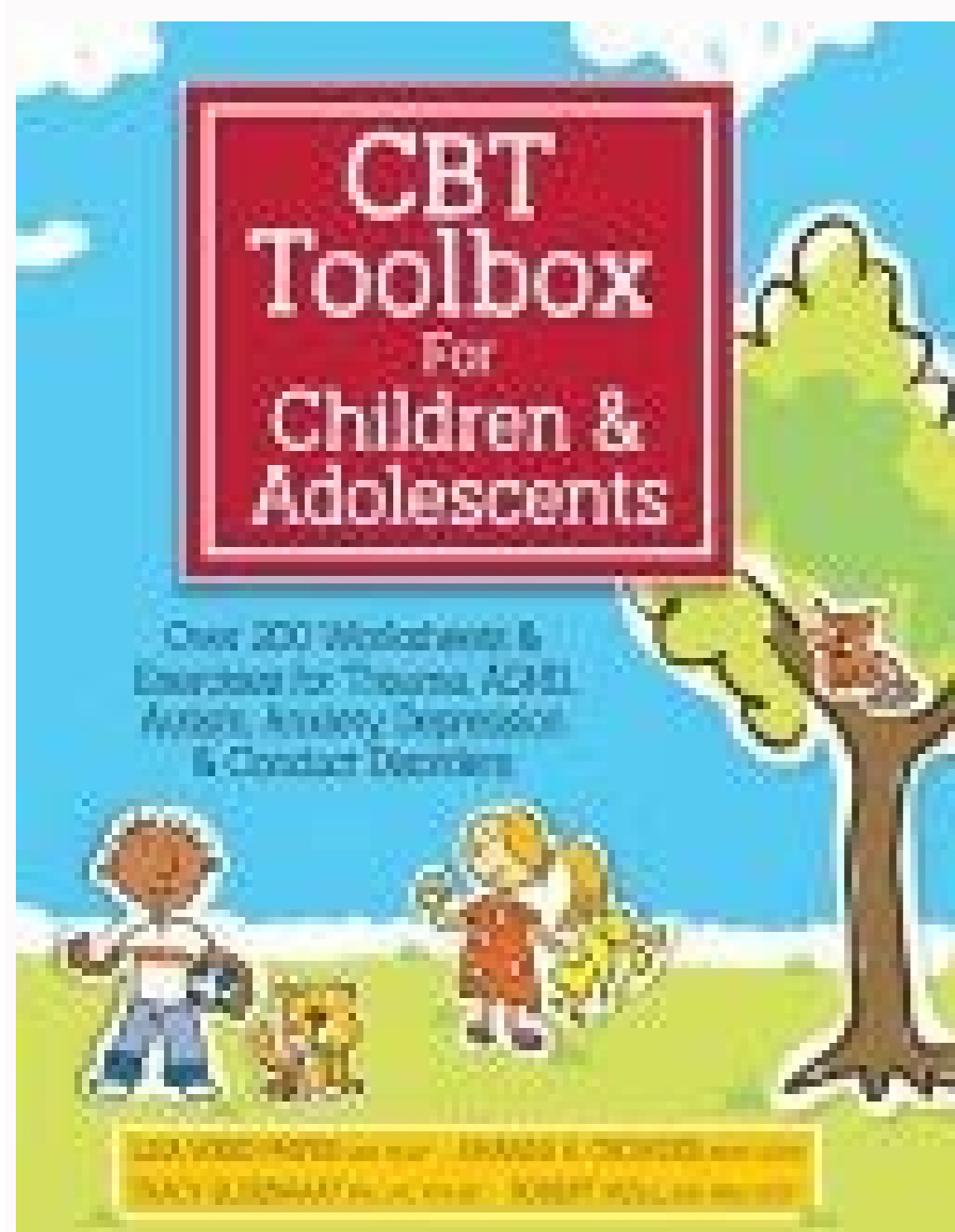
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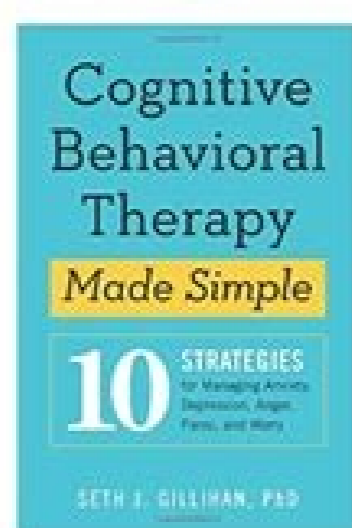
COUNSELING APPROACHES

Topics Covered

- Psychoanalytic Approach
- Behavioral Approach
- Cognitive Behavioral Therapy (CBT)
- Rational Emotive Behavioral Therapy (REBT)
- Transactional Analysis (TA)
- Humanistic Approach
- Person Centered Therapy
- Gestalt Therapy
- Existential Therapy
- Other Contemporary Therapy
- Adlerian Therapy/ Individual Psychology
- Reality therapy
- Family Systems Therapy
- Feminist Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Eclectic Counseling
- Integrative Counseling
- Group Therapy



Cognitive Behavioral Therapy Made Simple: 10 Strategies for Managing Anxiety, Depression, Anger, Panic, and Worry



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Book Detail

Paperback: 234 pages Publisher: Althea Press (May 22, 2018) Language: English ISBN-10: 1939754852 ISBN-13: 978-1939754851 Product Dimensions: 6 x 0.8 x 8.9 inches Shipping Weight: 14.9 ounces (View shipping rates and policies) Customer Reviews: 4.6 out of 5 stars276 customer ratings

Book Description

Anxiety and depression managed—10 essential cognitive behavior therapy strategies simplified. There's a smarter, easier way to get lasting relief from anger, panic, stress, and other mood-related conditions. Cognitive Behavioral Therapy Made Simple delivers a streamlined approach to the most essential aspects of CBT and shows you how to apply these powerful,

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