

Basic Cognitive-Behavioral Therapy Techniques

- Cognitive restructuring or reframing
- · Exposure therapy
- Guided discovery
- Activity scheduling and behavior activation
- Journaling
- Successive approximation
- Role-playing
- Stress reduction techniques

Therapy Techniques Ideas

Hongru Du

Therapy Techniques Ideas:

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web uk 'æl ə gə ri us 'æl ə gɔ:r i add to word list a story play poem picture or other work in which the characters and events

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