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Antecedents 2. Behaviours 3. Consequences Other CBT Concepts Automatic

Thoughts Current Beliefs And Thoughts That Are Easily Triggered Applied Without

Proper Evidence Or Scrutiny Often Happen So Fast That People Aren't Even Aware They Are There Cognitive Distort 3th, 2024

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Cognitive-behavioural Therapy Before Attempting To Implement The Recommendations In This Manual. For More Information On Standard CBT Theory, Process And Interventions, And Training Opportunities, Please Refer To The Following Texts And Websites: • Beck, J.S. (1995). Cognitive Therapy: Basics And Beyond. New York: Guilford Press. 2th, 2024

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