

Religious Cognitive Behavioral Therapy

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Religious Cognitive Behavioral Therapy

I sat in my therapist's well-lit office every two weeks, processing my need for self care along with my role in the family as an immigrant daughter in a religious family. My therapist made eye ...

How Ignatian spirituality enhanced my cognitive behavioral therapy

Religion and psychology have much in common ... definitive explication of cognitive therapy is Judith Beck's "Cognitive Behavior Therapy: Basics and Beyond," a text that delineates many of ...

Zen for Daily Living: Cognitive psychology and Buddhism

Religious individuals seeking mental health ... Jewish community using a skills-based modality such as cognitive behavioral therapy (CBT) is equally effective on average when provided by Orthodox ...

Do religious patients need religious therapists?

The religious sermon is storytelling well ... Often the moral tale is assigned as homework during cognitive-behavioral therapy and then discussed at the next session. This discussion usually ...

Psychology Today

This book helps therapists-in-training evaluate the different theories of psychotherapy and shows that there is no "right" theory - rather, there are ...

Becoming an Effective Psychotherapist: Adopting a Theory of Psychotherapy That's Right for You and Your Client

Online-Therapy utilizes cognitive behavioral therapy (CBT ... people with severe disorders or any particular religion, race, or gender. If you're a living, breathing human, you deserve therapy ...

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You Are Not Alone In Your Struggles, Online-Therapy Can Help

The attention training technique: A review of a neurobehavioral therapy for emotional disorders. Cognitive and Behavioral Practice ... between attachment to God and scrupulosity. Psychology of ...

Thomas A. Fergus, Ph.D.

Cognitive behavioral therapy (CBT) is a type of psychotherapy ... They can recommend doctors in your area. If you're religious, ask your religious leader if they have counselors to recommend.

How Can I Get Help for Depression?

85-98) Cognitive behavioral therapy for pain (pain-CBT ... Modern mindfulness interventions are typically secular—meaning that they have no religious affiliation. Mindfulness interventions are useful ...

Psychological Treatment for Patients With Chronic Pain

And all of that gave you a little bit of joy. I realize that after that analysis, you're probably not laughing anymore. "Humor can be dissected, as a frog can," according to the writer E. B. White, ...

A Little Laugh Goes a Long Way

Historically, in-person substance abuse treatment has been a jumble of 12-step programs, religious residential centers, luxury sober houses, cognitive behavioral therapy, group therapy ...

Addiction treatment is hard. A new wave of apps aims to help

We address psychological, behavioral, relationship, cultural, religious, and medical factors that may ... counseling Medical treatment or medication adjustment Hormone therapy Cognitive behavioral ...

Sexual Health and Sex Therapy

He approaches therapy from a cognitive-behavioral perspective with some solution-focused ... and the integration of spirituality and religious issues in psychotherapy. Saúl also provides therapy in ...

Meet the Staff

Washington's effort to boost vaccine rates has turned into mandates for state employees and health care workers. But the move affecting nearly a half million employees also raised many questions.

Here's what you need to know about Washington's new vaccine mandate

There are several approaches to psychotherapy, including cognitive, behavioral, interpersonal and other kinds of talk

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therapy, which help individuals work through their problem(s). For Senior ...

An Expo Emphasis on Mental Health and Wellness

With things opening back up in Los Angeles and California, it's time to get back out there and make new friends. But how?

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