

Mindfulness Based Cognitive Therapy â€” Program - CEBC

2 Cognitive Processing Therapy: Veteran/Military Version Part 1 Introduction to Cognitive Processing Therapy Cognitive Processing Therapy (CPT) is a 12-session therapy that has been found effective

Cognitive Processing Therapy Veteran/Military Version

John M. Grohol, Psy.D. Dr. John Grohol is the founder & CEO of Psych Central. He is an author, researcher and expert in mental health online, and has been writing about online behavior, mental ...

15 Common Cognitive Distortions - Psych Central

â€œNothing can bring you peace but yourself.â€” Ralph Waldo Emerson. A cceptance and Commitment Therapy provides us with the tools to practice cognitive defusion, which is the willingness to let go of the attachment and over-identification with thoughts that cause suffering.

â€œLeaves on a Streamâ€” Cognitive Defusion Exercise

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