

## The Empirical Status Of Cognitive Behavioral Therapy A

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A defining feature of cognitive-behavioral therapy is the proposition that symptoms and dysfunctional behaviors are often cognitively mediated and, hence, improvement can be produced by modifying dysfunctional thinking and beliefs (Dobson & Dozois, 2001).

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The empirical status of cognitive-behavioral therapy: A review of meta-analyses Andrew C. Butlera\*, Jason E. Chapmanb, Evan M. Formanc, Aaron T. Becka aUniversity of Pennsylvania and the Beck Institute for Cognitive Therapy and Research, United States bMedical University of South Carolina, United States

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Abstract This article reviews the current state of empirical research on the purported "new wave" of cognitive behavioral therapy (CBT). A particular emphasis is given to mindfulness-based treatments and acceptance and commitment therapy (ACT).

~~The empirical status of the "new wave" of cognitive ...~~

The empirical status of cognitive-behavioral therapy: a review of meta-analyses Clin Psychol Rev. 2006 Jan;26(1):17-31. doi: 10.1016/j.cpr.2005.07.003. Epub 2005 Sep 30. Authors Andrew C Butler 1 , Jason E Chapman, Evan M Forman, Aaron T Beck. Affiliation 1 University of ...

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(1992). The Empirical Status of the Laws of Emotion. Cognition and Emotion: Vol. 6, No. 6, pp. 467-477.

~~The Empirical Status of the Laws of Emotion: Cognition and ...~~

Synopsis This paper reviews the current state of empirical research on the purported "new wave" of CBT. A particular emphasis is given to mindfulness-based treatments and Acceptance and Commitment Therapy (ACT). Mindfulness-based approaches and ACT are evaluated with regard to their efficacy and comparison to traditional CBT.

~~The Empirical Status of the "New Wave" of CBT - Europe PMC ...~~

The core idea of any therapy calling itself 'cognitive' is that people's emotional reactions and behaviour are strongly influenced by cognitions(in other words, their thoughts, beliefs and interpretations about themselves or the situations in which they find themselves - fundamentally the meaningthey give to the events of their lives).

~~Basic Theory, Development and Current Status of CBT~~

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This article reviews the current state of empirical research on the purported "new wave" of cognitive behavioral therapy (CBT). A particular emphasis is given to mindfulness-based treatments and ...

~~The Empirical Status of the "New Wave" of Cognitive ...~~

assess the empirical status of MBIs using methods similar to those that have been used to evaluate other psychotherapeutic approaches (e.g., cognitive-behavioral therapy; Butler et al., 2006). Specifically, we aimed to catalogue and summarize (1) effect size estimates, (2)

~~Running head: EMPIRICAL STATUS OF MINDFULNESS The ...~~

The empirical status of cognitive-behavioral therapy: a review of meta-analyses. Clin Psychol Rev. 2006; 26(1):17-31 (ISSN: 0272-7358) Butler AC; Chapman JE; Forman EM; Beck AT. This review...

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Previous research has shown that cognitive- behavioral group therapy (group CBT) is an effective treatment for depression. However, the effectiveness of this approach in routine care needs more research. The current study retrospectively examines the outcomes of patients who received group CBT for depression at a psychiatric outpatient clinic between 2003 and 2013.

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