

# General Principles And Empirically Supported Techniques Of Cognitive Behavior Therapy.pdf

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Cognitive-behavioral therapy (CBT) is a popular and empirically supported treatment for a number of common mental health problems, including mild to moderate major depressive disorder, generalized anxiety disorder, panic disorder, social phobia, and bulimia nervosa.

## [Evidence-based practice - Wikipedia](#)

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Introduction. The behavior therapy movement began with two key commitments. Behavior therapy was to be a field designed to (1) produce a scientifically based analysis of behavioral health problems and their treatment cast in terms of basic psychological processes, and (2) develop well-specified and empirically validated interventions for such problems.

## [Applied behavior analysis - Wikipedia](#)

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Applied behavior analysis (ABA) is a scientific discipline concerned with applying techniques based upon the principles of learning to change behavior of social significance. It is the applied form of behavior analysis; the other two forms are radical behaviorism (or the philosophy of the science) and the experimental analysis of behavior (or experimental research).

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