

Cognitive Behavioural Therapy (CBT): Teach Yourself
By Christine Wilding

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Cognitive behavioural therapy (cbt)

What is CBT? Cognitive Behaviour Therapy CBT involves both 'cognitive therapy' and but it also aims to teach the person new skills and strategies

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Author information. Christine Wilding's (Kent, England) books on CBT have sold over 50,000 copies. She holds a postgraduate diploma in CBT from the University of

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