

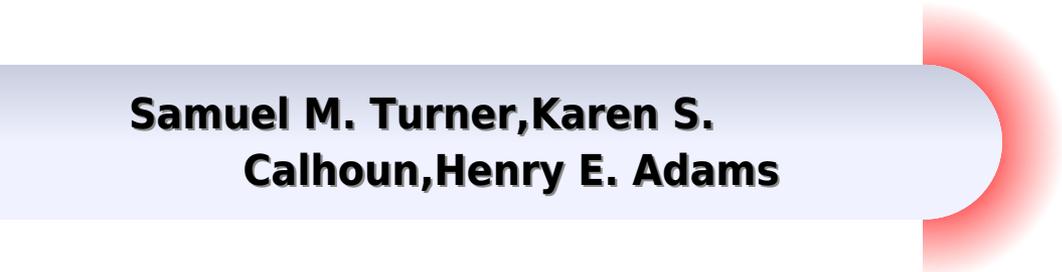


Basic Cognitive-Behavioral Therapy Techniques

- Cognitive restructuring or reframing
- Exposure therapy
- Guided discovery
- Activity scheduling and behavior activation
- Journaling
- Successive approximation
- Role-playing
- Stress reduction techniques

Basic Behaviour Therapy

**Samuel M. Turner, Karen S.
Calhoun, Henry E. Adams**



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