



COGNITIVE

Cognitive reconstructing,
identifying negative thoughts,
cognitive reappraisals,
problem-solving

BEHAVIORAL

Desensitization, exposure,
progressive muscle
relaxation, behavioral
experiments, relaxed
breathing

EDUCATIONAL AND SUPPORTIVE

Psychoeducation, motivational
interviewing, continued
monitoring

OTHER

Biofeedback, hypnosis, relapse
prevention strategies

THIRD WAVE

Acceptance and commitment
therapy, mindfulness, dialectic
behavioral therapy, embodied
cognition

CBT techniques

Beginner Intermediate Cbt Cd

Annelies Wilder-Smith



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