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The Philosophy Of Cognitive Behavioural

The Philosophy of Cognitive-Behavioural Therapy (CBT) is a detailed examination of the relationship between modern psychotherapy, especially REBT and CBT, and ancient philosophy, especially Stoicism. I've tried to make the book readable enough to engage non-academics and non-therapists.

The Philosophy of Cognitive Behavioural Therapy: Stoic ...

This exciting new edition of The Philosophy of Cognitive-Behavioural Therapy (CBT) demonstrates how techniques and concepts from Socratic philosophy, especially Stoicism, can be integrated into the practise of CBT and other forms of psychotherapy. What can we learn about psychological therapy from ancient philosophers?

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The Philosophy of Cognitive-Behavioural Therapy (CBT ...

Cognitive-Behavioral Therapy (CBT) is a form of psychological counseling in which the therapist eschews the traditional seeking of root causes for a more objective and forward-seeking approach.

The Philosophy of Cognitive Behavioural Therapy: Stoic ...

The Philosophy of CBT is the first comprehensive review of the relationship between modern cognitive-behavioural therapies and classical philosophy. The founders of cognitive therapy and REBT, Aaron Beck and Albert Ellis, both refer to Stoicism in particular as the main precursor of the modern cognitive approach. This book elaborates in detail upon the historical relationship between different schools of ancient philosophy and modern psychotherapy.

The Philosophy of Cognitive-Behavioural Therapy (CBT ...

clinical psychological methods of therapy for anxiety, anger, and depression, Cognitive Behavioral Therapy (CBT). Although the broad philosophical bases of CBT include the philosophies of Heraclitus, Stoicism, Epicureanism, Hedonism, Buddhism, Taoism, Existentialism, yogic philosophy, Baruch Spinoza, and.

THE PHILOSOPHICAL FOUNDATIONS OF COGNITIVE BEHAVIORAL ...

Robertson's The Philosophy of Cognitive-Behavioural Therapy (2010) provides a detailed overview of these techniques, which draws extensive parallels between them and psychological strategies...

Stoic Philosophy as a Cognitive-Behavioral Therapy | by ...

Many people are superficially aware that modern cognitive-behavioral therapy (CBT) and rational-emotive therapy (RET or REBT) have roots in the Greco-Roman philosophy of the ancient Stoics. For those select few who are interested in knowing more about the nexus between ancient philosophy and modern psychotherapy, this book is a great place to start.

The Philosophy of Cognitive-Behavioural Therapy (CBT ...

The philosophy of cognitive-behavioural therapy (CBT): Stoic philosophy as rational and cognitive psychotherapy, by Donald Robertson. John M. Owen University of Manchester, Bolton Primary Care NHS Trust , Manchester, UK CorrespondenceJohn.Owen@bolton.nhs.uk. Pages 291-294.

The philosophy of cognitive-behavioural therapy (CBT ...

Cognitive behavioral therapy (CBT) is a psycho-social intervention that aims to improve mental health.

Cognitive behavioral therapy - Wikipedia

Part I Philosophy and Cognitive-Behavioural Therapy (CBT) 1. Chapter 1 The "philosophical origins" of CBT 3. Chapter 2 The beginning of modern cognitive therapy 19. Chapter 3 A brief history of philosophical therapy 39. Chapter 4 Stoic philosophy and psychology 51. Chapter 5 Rational emotion in Stoicism and CBT 73

The Philosophy of Cognitive Behavioural Therapy: Stoic ...

The Philosophy of Cognitive-Behavioural Therapy (Cbt): Stoic Philosophy as Rational and Cognitive Psychotherapy by Donald J Robertson The Philosophy of Cognitive-Behavioural Therapy (Cbt) book. Read reviews from world's largest community for readers. This exciting new edition of The Phi...

The Philosophy of Cognitive-Behavioural Therapy (Cbt ...

The origins of modern cognitive-behavioural therapy can be clearly traced, through early twentieth century rational psychotherapists, back to the ancient therapeutic practices of Socratic philosophy, especially Roman Stoicism. The notion of Stoicism as a kind of intellectualism opposed to emotion is a popular misconception.

Introducing: The Philosophy of CBT (2010) - Donald Robertson

The Philosophy of Cognitive-Behavioural Therapy (CBT) book. Stoic Philosophy as Rational and Cognitive Psychotherapy. By Donald Robertson. Edition 1st Edition. First Published 2010. eBook Published 8 May 2018. Pub. location London. Imprint Routledge. DOI <https://doi.org/10.4324/9780429482748>.

The Philosophy of Cognitive-Behavioural Therapy (CBT ...

Cognitive-Behavioral Therapy(CBT) is one of the most well-known treatment models for anxiety, depression, and substance abuse— you'd be hard-pressed to find a psychotherapist who does not use any aspect of CBT in his or her practice. But CBT is also deeply indebted to the Stoic philosophers of ancient Greece.

Stoicism and CBT: Is Therapy a Philosophical Pursuit?

... [2,3] The origin of cognitive behavior therapies can be traced back to various ancient philosophical traditions and thinkers of the pre-classical and classical periods, particularly Stoicism. E...

The Philosophy of Cognitive—Behavioural Therapy (CBT ...

This book traces the origins of modern cognitive behavioral therapy, noting a clear analogy with ancient philosophy. Robertson skillfully combines the clinical experience of therapy and the...

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