

General Principles And Empirically Supported Techniques Of Cognitive Behavior Therapy

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Behavior Therapy. Herbert, (Eds.), General principles and empirically supported techniques of cognitive behavior therapy <http://www.drexel.edu/psychology/research/labs/formanherbert/publications/>

You may have heard about Cognitive Behavioral Therapy or Cognitive therapy that are based on the basic Therapy (CBT) is an empirically supported <http://www.anxietytherapyassociates.com/Pages/CognitiveBehavioralTherapy.aspx>

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http://en.wikipedia.org/wiki/Acceptance_and_commitment_therapy

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<http://www.ukessays.com/essays/psychology/the-empirically-supported-treatments-psychology-essay.php>

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