

Download Overcoming Resistance In Cognitive Therapy

The American Institute for Cognitive Therapy is an internationally recognized group of clinical psychologists and psychotherapists providing the highest quality cognitive-behavioral treatment for depression, anxiety, phobias, eating disorders, personality disorders, child and adolescent problems and family and marital problems.. In 1985 Dr. Leahy founded the Center for Cognitive Therapy and ...Cognitive Behavioral Therapy Books. The following is a recommended reading list of cognitive behavioral therapy books for those interested in learning more about cognitive behavioral therapy. National Association of Cognitive-Behavioral Therapists trains, certifies, & promotes CBT Therapists and the practice of cognitive-behavioral therapy (CBT). Page < 4 of 4

Ellis, A. (2000). How to control your anxiety before it controls you. New York: Citadel.

Ellis, A. (2000). How to maintain and enhance your rational-emotive therapy gains. (Rev. ed.). New York: The Institute for Rational-Emotive Therapy.

Ellis, A. (2000). Spiritual goals and spirited values in psychotherapy. Journal of