

Cognitive Neuroscience And Psychotherapy Network Principles For A Unified Theory

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Cognitive Neuroscience And Psychotherapy Network

Specifically, MT can lead to a shift in internal and external perspectives by viewing each moment of experience with objectivity and nonjudgment, thereby improving emotion regulation and cognitive ...

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Behavioural and Cognitive Psychotherapy) using a combination of the following terms: Socratic, Socratic questioning, Socratic Method, Socratic dialogue, guided.

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