

# Cognitive Behavioral Group Therapy: Challenges And Opportunities By Ingrid Sochting

By Ingrid Sochting

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The Benefits of Group Therapy; The Difference Between Counseling and Therapy; Finally, there is cognitive behavior therapy, which is the most popular of the three.

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Apr 27, 2006 Psychotherapy, or talk therapy, Cognitive Behavioral Therapy. Cognitive et al. Comparison of group and individual cognitive behavioral therapy

<http://www.nimh.nih.gov/health/topics/psychotherapies/index.shtml>

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Cognitive behavioral therapy SCBT has been used to challenge addictive behavior, statistics of 28 participants in a group receiving CBT therapy dropping

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