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cognitive behavioral therapy cbt is a form of psychotherapy that aims to reduce symptoms of various mental health conditions primarily depression and disorders such as post traumatic stress disorder

cognitive behavioral therapy cbt is a form of psychological treatment that has been demonstrated to be effective for a range of problems including depression anxiety disorders alcohol and drug use

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cognitive behavioral therapy cbt is a form of psychotherapy that focuses on modifying dysfunctional emotions behaviors and thoughts by interrogating and uprooting negative or irrational

cognitive behavioral therapy cbt is a structured goal oriented type of talk therapy it can help manage mental health conditions such as depression and anxiety and emotional concerns such as

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