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Before jumping into the "doing" part of cognitive restructuring, it's important for clients to understand what cognitive distortions are, and how powerful they are in influencing one's mood. Start with psychoeducation about the cognitive model and cognitive distortions, using plenty of examples.

Cognitive Restructuring (Guide) | Therapist Aid

A CLIENT'S GUIDE TO SCHEMA-FOCUSED COGNITIVE THERAPY From J Young, Cognitive Therapy for Personality disorders, Revised edition, 1994 Harry is a 45 year old middle-level manager. He has been married for 16 years, but his marriage has been very troubled.

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