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Thu, 02 Aug 2018 07:25:00 GMT - Whatâ€™s a cognitive distortion and why do so many people have them? Cognitive distortions are simply ways that our mind convinces us of something that isnâ€™t really true. These inaccurate thoughts are usually used to reinforce negative thinking or emotions â€™ telling ourselves things that sound ...

15 Common Cognitive Distortions - Psych Central -

Mon, 30 Jul 2018 15:00:00 GMT - Here's a list of 25 cognitive behavioral therapy techniques, CBT interventions, exercises and tools. Try the workbook in your own CBT practice!

25 CBT Techniques and Worksheets for Cognitive Behavioral ... -

Wed, 08 Aug 2018 05:16:00 GMT - The medial prefrontal cortex (mPFC) is composed of granular cortical areas (medial areas BA9 and BA10) and agranular regions (areas 24, 25, and 32) which encompasses the anterior cingulate cortex (area 24), infralimbic cortex (area 25), and prelimbic cortex (area 32).

Prefrontal cortex - Wikipedia -

Sun, 29 Jul 2018 19:33:00 GMT - Cognitive restructuring helps the client discover, challenge, and modify or replace their negative, irrational thoughts (or cognitive distortions).

CBT's Cognitive Restructuring (CR) For Tackling Cognitive ... -

Mon, 30 Jul 2018 00:12:00 GMT - Wise Mind: Experiencing Integration & Intuition Dialectical Behavioral Therapy (DBT) assumes that you are capable of experiencing wisdom in your life or achieving â€™Wise Mind.â€™