

What is Cognitive Behavior Modification (CBM)?

- All CBM interventions share three basic assumptions:
 - Behavior is mediated by cognitive events
 - A change in cognitive mediating events results in a change of behavior
 - All persons are active participants in their learning
 - Not a specific intervention technique

Cognitive Behavior Modification Cognitive Behavior Modification

S Ben Porath



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Cognitive Behavior Modification Cognitive Behavior Modification Introduction

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