

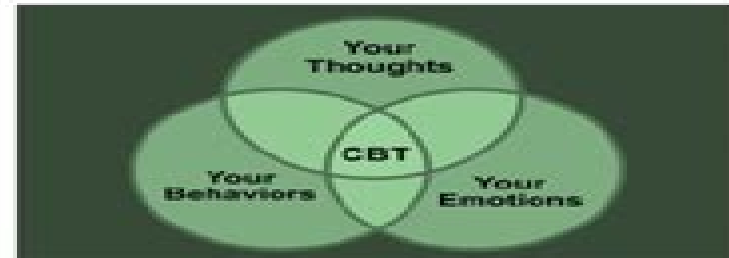
The Original CBT Manual (a faith-based approach to CBT)

freedomfrommedom.com/wp3/original-cbt-manual

by Steven Gledhill for FREEdom from MEDom Project

FREEdom from MEDom Project (FFMP) is a unique opportunity to merge together the best of evidenced-based cognitive-behavioral therapy (CBT) approaches with faith-driven Christ-centered 12-Step power for a transformative new life experience.

This online resource appreciates the scientific realities of how the brain functions. It recognizes that both excitatory and inhibitory biochemical activity are self-centered and therefore predisposed to untamed automatic thinking patterns that foster distortions (errors) and dysfunction from an irrational core belief of entitlement. This core belief of entitlement fuels an ongoing diagnosis of ill psychological health, with the prognosis being painful consequences that trigger more distortions and dysfunction. Add to that the spiritual reality of man's selfish sin nature and you have... (?)



The Bible, recognized by Judaeo-Christian scholars and Evangelicals as the Word of God, should also be recognized as a vehicle for clinicians utilizing a cognitive-behavioral therapeutic (CBT) approach to spark behavioral change into rational recovery. The parallels between CBT principles and Scripture are profound and seemingly endless when studied in this context. As you read article after article throughout FFMP, you will discover these obvious parallels again and again. This is meant to be a reference particularly for Christian counselors to map out these relevant parallels to benefit clients seeking to make sense of faith-driven Bible-based principles for thinking and behaving differently, while also remaining clinically sound.

The following two paragraphs are taken from the [Beck Institute for Cognitive-Behavioral Therapy](#):

Developed by Dr. Aaron T. Beck, *Cognitive Therapy (CT), or Cognitive Behavior Therapy (CBT), is a form of psychotherapy in which the therapist and the client work together as a team to identify and solve problems. Therapists use the Cognitive Model to help clients overcome their difficulties by changing their thinking, behavior, and emotional responses. Cognitive behavior therapy is one of the few forms of psychotherapy that has been scientifically tested and found to be effective in hundreds of clinical trials for many different disorders. In contrast to other forms of psychotherapy, cognitive therapy is usually more focused on the present, more time-limited, and more problem-solving oriented. In addition, patients learn specific skills that they can use for the rest of their*

Cbt Manual

AW Chickering



Cbt Manual:

Uncover the mysteries within Crafted by is enigmatic creation, Embark on a Mystery with **Cbt Manual** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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