

manuel de psychothérapie pdf

Les psychothérapies cognitivo-comportementales (ou thérapies cognitivo-comportementales, TCC) regroupent un ensemble de traitements des troubles psychiatriques (notamment addictions, psychoses [1], dépressions et troubles anxieux) qui partagent une approche selon laquelle la thérapie doit être fondée sur les connaissances issues de ...

Thérapie cognitivo-comportementale – Wikipédia

Le désir de guérir ou de « prendre soin des hommes » semble inscrit dans la nature humaine [7], [8]. C'est une aptitude que beaucoup de gens possèdent mais qui, pour devenir une compétence, demande à être développée par l'apprentissage de théories et de techniques.

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