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Cognitive-Behavior Modification | SpringerLink

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Donald Meichenbaum is a psychologist noted for his contributions to cognitive behavioral therapy . He developed a therapeutic technique called cognitive behavior modification (CBM), which focuses on identifying dysfunctional self-talk in order to change unwanted behaviors. In other words, Dr. Meichenbaum views behaviors as outcomes of our own self-verbalizations.

How Cognitive Behavior Modification Works - Verywell Mind

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Meichenbaum, D. H. (1977). Cognitive behavior modification An integrative approach. New York Plenum.

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Donald Meichenbaum Biography - GoodTherapy

Cognitive behavior modification, also known as behavior therapy or cognitive therapy, is a style of therapy that focuses on changing behaviors through identifying maladaptive behaviors and finding ways (such as through talk therapy) to change those behaviors. For instance, an overweight client realizes that the root cause of the problem is in their lifestyle choices and how they react by overeating when confronted by emotional stressors.

Cognitive Behavior Modification definition | Psychology ...

Abstract Two central constructs of applied psychology, motivation and cognitive ability, were integrated within an information-processing (IPR) framework. This framework simultaneously considers individual differences in cognitive abilities, self-regulatory processes of motivation, and IPR demands.

Motivation and cognitive abilities: An integrative ...

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Cognitive-Behavior Modification: An Integrative Approach ...

His book, *Cognitive Behavior Modification: An Integrative Approach*, is considered a classic in its field. He also serves as the editor of the Plenum Press Series on Stress and Coping.

Dr. Donald Meichenbaum PhD

As it evolved, Meichenbaum came to view cognitive behavior modification as an integrative, biopsychosocial approach that draws on aspects of many different orientations, including the constructive/narrative emphases on clients' stories, their cultural context, and their strengths and resources.

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Cognitive-behavioral therapy (Meichenbaum, 1977) and rational emotive behavior therapy (Ellis, 1976) are two classical examples of cognitive therapy, which have successfully been applied to sport ...

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