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## 10 Minute Cbt Integrating Cognitive

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As such, one benefit of the 10-Minute CBT approach is that it presents CBT in a way that makes it easy for clinicians from any interventional perspective (psychopharmacologic, dynamic, supportive, etc.) to incorporate elements of CBT into their practice.

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10-Minute CBT Integrating Cognitive-Behavioral Strategies Into Your Practice Ph.D. Michael W. Otto, M.D. Naomi M. Simon, Ph.D. Bunmi O. Olatunji, Ph.D. Sharon C. Sung, and M.D. Mark H. Pollack. Disorder-specific chapters details to what extent CBT can be integrated into treatment

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