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Interv. / F. V. 5 n. 9 (2020) / TEMTICICS free keywords: cognitive-behavioral therapy, health, cognition The article is a literature review aimed to exhibit a comparison between two approaches of psychology works, cognitive behavioral therapy (CBT), through studies Aaron Beck and positive psychology, the contribution of Martin Seligman, indicating the main features of each. For this, a bibliographic survey was carried through the researches of wages as Google Academic, APA and PEPISIC with the keywords: "Positive psychology" with combinations of words and adidições $\alpha \rightarrow \alpha - \alpha$, This A α e α Quality of life" and $\alpha \rightarrow \alpha$ "A traculazione". For comparison research has also been carried out with the words "behavior cognitivo $\alpha \rightarrow \alpha$ ", with the addition of the words themselves of the previous search. The analysis of three of the eleven selected articles and books, the goal of this work is to present the main features of these approaches with the intention of helping clinical psychology both in treating healthy people, both in treating those who have mental disorders. In the first approach, the CBT, the psychologist uses the techniques of behavior modification, such as exposure and response prevention, using as a source of work identifying f orasá or individual virtues. "The concern for a comprehensive approach led to the development of methodologies that seek their unification. In this context, we noticed that the combination of both can contribute to this psychologist can adapt his way to work and fulfill the human being in its completeness, it is not only when it presents pathologies, but also $\alpha \rightarrow \alpha$ M in the absence of these, this is, in prevention and in the promotion of well-being. Beck, Judith S. cognitive behavior therapy: theory and practice. 2. 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Human and Social Links (4) Autoajuda (1) Subgenosepsychology (3) Shipping Cost (29) Conditions (36) Used (8) Precaota α α α \$ α 100 (12) R \$ 100 R α 150 (20) more than \$ 150 (23) Interest payments (9) Official offices others (24) Paulo Location (14) Parana α (8) Minas Gerais (7) Rio Grande del Sud (4) Rio de Janeiro (3) Mato Grosso DO Sul (2) Distrito Federal (1) Holy Spirit (1) Goi α s (1) Vista Todostipo Omannual Narišá α α (22) Such (17) Details Annual Sellers (19) Other people Write a Review Write a Review Add to Cart Wishlist Loading... Store Departments Loading... Crease Loading... Gift Center Gift Big Summer Sale! Stock Photo Mulhere uses this identifier to mention or create a link to this document: taciturn A, cognitive-behavioral therapy: theory and author protect (eg); Beck, Judith S Keywords: A, cognitive-behavioral therapy: psychotherapy; The therapy - Theory and practice Date of the document: A, 2013 Publisher: Citis Citation: A, Beck, Judith S A, Cognitive-behavioral therapy: theory and practice. 2. Porto Alegre: Mededitions, 2013. ISBN: 9788530240081. Summary: Ana presents her experience for experienced therapists and for those who want to learn the fundamental principles of cognitive-behavioral therapy. It shows a solid basis line of the theory, principles and practice of this type of treatment during a motivated and behavior change. DOI: 10.9780181.710081 Main localities: Porto Alegre, RS, Brazil. Collapsing the item will allow you to view all suggestions. "Daily Practitioning of different health professions understands and applying the evaluation of nutritional status, ie the identification process characteristics related to nutritional problems. Vast knowledge of the patient allows the correct choice of the food plan or the Definition of an adequate educational strategies, but to provide important secondary sources for the control of critical diseases not the transmissible Nutrition Evaluation J. Theory and Protect, now at its second edition, fills the great gap in the Portuguese language on this issue as well as presenting The relationship between nutrition.. The health and appearance of diseases, describes the most appropriate techniques for every clinical situation. This work makes use of the collaboration of fame specialists and allows the design of ducts, nutritional political strategies ". 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In 143 chapters divided into 13 sections, authors, recognized for quality and quality, Themes approach as head injuries, Thermos, Esáfá (Go, diaphragm, abdominal wall, gastrointestinal tract, of the biliary section, babe, babe, pancreas, genitourinary tract, soft tissues and urogenital system, congenital anomalies, malformations, trauma, infectious diseases, Fractures, bone tumors, bone marrow transplantation, Hematology, Immunology, Endocrinology, Metabolism, Rheumatology, Infectious diseases, Dermatology, Allergy, Oncology, Transplantation, Organ transplantation, Plastic Surgery, etc. It is the object of study of this service Book Public Administration Accounting Public balance sheet, public dance and public heritage. At the end of the text, the author explains a plan of accounts which includes financial, equity, compensation and budgetary systems. And to confirm your practical reading objective character, it is further presented for the theme of versions and the exhausting index. 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