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psychotherapy is any psychological service provided by a trained professional that primarily uses forms of communication and interaction to assess diagnose and treat dysfunctional emotional

jul 31 2017 psychotherapy is communication between patients and therapists that is intended to help people feel better resolve problems in living and modify their attitudes and behavior in

psychologists generally draw on one or more theories of psychotherapy a theory of psychotherapy acts as a roadmap for psychologists it guides them through the process of

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four therapeutic interventions are strongly recommended all of which are variations of cognitive behavioral therapy cbt three therapies and four medications received conditional

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