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Meichenbaum is
known for his book,
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behavioral
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Integrative
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published in 1977 at
the tail end of the
cognitive
revolution. CBM
empowered clients
to take...

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Observing Negative
Self-Talk. After
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the story of his fear
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public, his therapist
asked... Changing
Negative Self-Talk
to Positive. Vince is
surprised with his
journal entries over

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the past week. He
didn't... Learning
New ...

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Donald

Meichenbaum is a
psychologist noted
for his contributions
to cognitive
behavioral therapy .

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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

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Meichenbaum
Biography -

Good Therapy

Cognitive behavior modification, also known as behavior therapy or cognitive therapy, is a style of therapy that focuses on changing behaviors through identifying

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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

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definition |
Psychology ...
Abstract Two
central constructs
of applied
psychology,
motivation and
cognitive ability,

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Behavior 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.

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An integrative ...

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

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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

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orientations,
including the constr
uctive/narrative
emphases on
clients' stories,
their cultural
context, and their
strengths and
resources.

for COGNITIVE-
BEHAVIORAL
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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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