A

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach: a talking therapy. CBT aims to solve problems concerning **dysfunctional** emotions, behaviors, and cognitions through a goal-oriented, systematic procedure in the present.

B

The particular **therapeutic** techniques vary but commonly may include keeping a diary of significant events and associated feelings, thoughts, and behaviors; questioning and testing cognitions, assumptions, evaluations, and beliefs that might be unhelpful and unrealistic; gradually facing activities that may have been avoided, and trying out new ways of behaving and reacting.
Relaxation, **mindfulness**, and distraction techniques are also commonly included.

i. A slow process
ii. A new type of therapeutic approach
iii. The benefits and drawbacks of CBT
iv. A goal-oriented therapeutic approach
v. CBT therapists are always honest with their clients
vi. The range of CBT interventions

Choose the best heading for paragraphs A and B from the list.

1. Paragraph A – Your answer:

2. Paragraph B – Your answer:

LIVEWORKSHEETS

Hoàn thành bảng từ vựng sau:

Sort elements

dysfunctional

therapeutic

mindfulness

sự quan tâm, sự nhận thức	
rối loạn chức năng	
thuộc về liệu pháp chữa trị	

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