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nov 1 2012 learn how to choose a psychologist how therapy works how long it lasts and what should and shouldn t happen during psychotherapy

oct 7 2025 conversion therapy claims to change a person s sexual orientation or gender identity but it s based on the false and harmful idea that being lgbtq is something to cure

sep 1 2025 training differs widely between graduate programs courses and supervisors research suggests that therapists trained in certain theoretical orientations such as psychodynamic therapy

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 reactions

oct 1 2025 walking therapy can be especially helpful for groups that tend to shy away from traditional therapy such as men and adolescents as with introducing any new therapeutic approach

cognitive behavioral therapy cbt is a form of psychological treatment that has been demonstrated to be effective for a range of problems including depression anxiety disorders alcohol and drug use

mar 1 2026 2025 practitioner pulse survey reveals growing ease with ai for practice management alongside privacy concerns

apr 1 2025 key points borderline personality disorder bpd is the most commonly diagnosed personality disorder in clinical populations bpd can be diagnosed when a patient exhibits five or

jul 31 2017 cognitive behavioral therapy focuses on the relationship among thoughts feelings and behaviors for example altering a person s unhelpful thinking can lead to healthier behaviors and

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