Substance Institute

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Module 7

Homework -

Cognitive Behavior Therapy

# **Homework – Module 7 – Cognitive Behavior Therapy**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_**

**Question 1: In your own words – Cognitive Behavior Therapy.**

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**Question 2: Explain CBT Techniques For Insomnia (\_\_\_\_\_)**

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### **Question 3: Explain Cognitive Emotional Behavioral Therapy (\_\_\_\_\_\_\_)**

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**Question 4: Explain the three-phase process that trains the client to use skills (\_\_\_\_\_\_\_)**

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**Question 5: Explain What Cognitive Behavior Therapy Can Help With (\_\_\_\_\_\_\_)**

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**Question 6: From this picture list the disorders that could benefit from Cognitive Behavioral Therapy (\_\_\_\_\_\_\_)**



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# **Question 7: Select 17 0f the 21 Best CBT Techniques That Psychologists Use: (\_\_\_\_\_\_\_\_)**

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