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By Irving Wallace - Jul 10, 2020 # Logic Based Therapy And Everyday Emotions A Case Based Approach #, in this latest book on the popular philosophical practice modality of logic based therapy lbt inventor and practitioner elliot d cohen develops both theory and practice of lbt within the context

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In this latest book on the popular philosophical practice modality of Logic-Based Therapy, LBT inventor and practitioner, Elliot D. Cohen, develops both theory and practice of LBT within the context of accessible, engaging, and illustrative cases involving everyday emotions, such as anxiety, worry, guilt, anger, and sadness.

Logic-Based Therapy and Everyday Emotions : Elliot D ...

Logic-based therapy is a proposed modality of philosophical counseling developed by philosopher Elliot D. Cohen beginning in the mid-1980s. It is a philosophical variant of rational emotive behavior therapy, which was developed by psychologist Albert Ellis. However, there have been no independent, controlled studies to measure its therapeutic value or advantages over classical REBT.

Logic-based therapy - Wikipedia

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Accordingly, this article suggests that a form of Rational-Emotive Behavior Therapy (REBT) known as Logic-Based Therapy (LBT), which identifies patients' emotional reasoning dispositions, may be more suitable as a cognitive-behavioral approach than traditional REBT, which identifies the causes of negative emotions.

Use of Logic-Based Therapy to Encode Emotional Reasoning

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This is the platform of Logic-Based Therapy (LBT), a highly philosophical form of REBT and a leading modality of philosophical counseling, which I began developing in the mid 1980s. LBT adds some...

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The psychotherapeutic approach “logic-based psychotherapy” was implemented in clinical practice in Porto (in the north of Portugal) and focused on patients that exhibited depressive and anxious symptoms, including psychosomatic complaints, sleeping problems, conjugal/family conflicts and other relational conflicts, and employment and financial problems, among others.

Frontiers | A Logic-Based Psychotherapy Approach to ...

In his book, Logic-Based Therapy and Everyday Emotions, he introduces the theory and practice of LBT in the context of case studies. In the book, he shares everyday cases such as the loss of a...

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