



# The Integrative Power of Cognitive Therapy

*Brad A. Alford PhD, Aaron T. Beck MD*

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This volume presents a comprehensive statement of cognitive theory and maps the dynamic evolution of cognitive therapy into a multidimensional approach applicable to an impressive range of problems. The authors also show how cognitive therapy meets the aims and criteria of the current psychotherapy integration movement, incorporating as it does elements of interpersonal, behavioral, and psychodynamic approaches.

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