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(Practical Clinical Guidebooks) By Debbie Sookman**

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I specialize in using cognitive behavior therapy and cognitive restructuring and behavior activation for depression. I do specialized cognitive behavior therapies.

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Effectiveness of cognitive behavioral group

Background. Previous research has shown that cognitive- behavioral group therapy (group CBT) is an effective treatment for depression. However, the effectiveness

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More data need to be collected demonstrating the efficacy of cognitive-behavioral therapy with tinnitus patients. This, like all aspects of tinnitus management,

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