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Buddhism includes an analysis of human psychology, emotion, cognition, behavior and motivation along with therapeutic practices. A unique feature of Buddhist ...

Buddhism and psychology - Wikipedia

Overview. Some of the issues studied by the philosophy of psychology are epistemological concerns about the methodology of psychological investigation.

Philosophy of psychology - Wikipedia

The M.A. in Psychology provides students with the study of human behavior. Graduate training in Psychology entails in-depth exploration and understanding of the core ...

Psychology - Graduate Catalog - University of West Florida

Mindfulness-based cognitive therapy is a form of therapy that used mindfulness to combat depression, anxiety and a broad range of negative emotions.

What is MBCT? + 28 Mindfulness-Based Cognitive Therapy

Here's an overview of some of the best books on cognitive behavioural therapy, CBT books for dummies, therapists and even clients. Please enjoy!

30 Best CBT Books to Teach Yourself Cognitive Behavioural

Integral, Mindfulness-Based & Somatic Psychotherapy. Suggested books and resources for understanding Integral Theory by its developer, Ken Wilber:

Articles, Links & Resources

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Syllabus of Three Year Degree Course in EDUCATION Hons

Hi Sarah, Good question! Yes, you can translate the article, "Leaves on a Stream: Cognitive Defusion Exercise," into Spanish by using the Google Translate ...

"Leaves on a Stream" - Cognitive Defusion Exercise

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The Benefits of Being Present: Mindfulness and Its Role in Psychological Well-Being Kirk Warren Brown and Richard M. Ryan University of Rochester

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