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Interestingly, Ehlers And Clark Integrated ImRs In Their Cognitive Therapy For PTSD (Ehlers & Clark, 2000;

Ehlers, Clark, Hackmann, McManus, & Fennell, 2005). On The Average Three Out Of 12 Sessions Involve Imagery Work (Ehlers Et Al., 2005). As An Example Of Their Use 1th, 2024

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INTRODUCTION Rational Emotive Behaviour Therapy (REBT) Is One Of The Cognitive-behavioural Approaches To Counselling And Psychotherapy [1] That Was Established In The Mid-1950s By Albert Ellis [2]. Ellis (1913-2007) Derived REBT Theory Ma 10th, 2024

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