

Does Cognitive Behavioural Therapy Work Psychology

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Does Cognitive Behavioural Therapy Work

Money is a struggle for so many, and even manifests as a phobia in some. Is talking about it a way to crack the code?

Can financial therapy untangle our relationship with money?

Private therapy is great if you can access it - and on a regular basis - but it's ignorant to think it's a financially viable option for all.

Telling people to 'get therapy' helps no one - especially those like me who can't afford it

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Aripiprazole is an atypical antipsychotic drug. The 'atypical' means that it's part of a second generation of antipsychotics that are primarily used to treat schizophrenia and bipolar disorder.

'I Was Scared to Take an Antipsychotic for My OCD, but It's Changing My Life'

Medication is not effective for chronic primary pain, according to new guidelines. But what's the alternative? Rachel Ellis meets those finding new ways to bring relief.

When the drugs don't work: medication alternatives

Revolving Doors published an Evidence Review on diverting young adults away from the cycle of crisis and crime. The review is part of the charity's New Ge ...

Diverting young adults away from the cycle of crisis and crime

Sandra, 28, has been referred to counselling by her GP due to recent

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mood swings, where she is often tearful and upset. Sandra is a solicitor. Two months ago, she took a new job in a large law firm, ...

APT5035 Theories And Techniques Of Counselling

Waking up at night is normal and usually harmless, most just fall straight back to sleep, but if you're struggling you may need to do something about it, writes Anahad O'Connor ...

Often find yourself awake at 3am? Here's how to get back to sleep

I recently found myself having to abandon two separate activities in one class after the young people struggled to stay on task - the class in question having seemingly reset back to how they were ...

Bibliotherapy - The emotional and psychological benefits of reading

The popularity of cannabidiol, better known as CBD, has exploded in recent

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years. Proponents say it provides relief from a nearly endless list of ...

Researchers Continue to Study the Effects of CBD in Horses

Like most things to do with female health, conversations around menopause haven't always been open and honest. For a long time, the area of menopause was under-researched (though this is changing!) ...

10 menopause myths we need to stop perpetuating

Highly visible "chain-gangs" will act as a deterrent to people getting involved in anti-social behaviour, Boris Johnson has said.

'Chain-gangs' in hi-vis jackets will deter anti-social behaviour, says Boris Johnson

Sarah Malik, 38, was stopped near her family mansion and claimed she had been waiting there because her father disapproved of her drinking. She failed a

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breath test at midnight on April 22 ...

Drunk woman in Mercedes avoids road ban with claim she was dodging strict Muslim dad

Ding - a senior fellow at the Federation of American Scientists - Tweeted that inflamed blood vessels, triggered by Covid, "may be causing erectile dysfunction".

Long Covid symptoms: Epidemiologist warns 'COVID-19 may be causing erectile dysfunction'

New studies have found that a lack of sleep in middle age can lead to dementia and heart disease. But there are a lot of steps you can take to ...

Not sleeping enough? You could be increasing your risk of dementia and heart disease

The Ontario government announced \$32.7 million in new annual funding for targeted addictions services and supports on Wednesday, July 7, including

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Ontario minister visits Manitoulin, discusses \$6.9 million for opioid crisis

But Boles, a 29-year-old mother of three from Aylesbury, Buckinghamshire, does have inflammation in her body ... I wouldn't be able to go camping." She has tried cognitive behavioural therapy, via ...

Burnout eating: how chronic pandemic stress can disrupt and destroy our diet

Simone Biles and Naomi Osaka prove Albert Bandura's theory of social learning. It doesn't matter what the system rewards, it is possible to change human behaviour.

Healing Space | Did Naomi Osaka pave the way for Simone Biles?

Waking up in a hospital bed and not knowing how he'd got there, Dave Hemsley was convinced he'd been taken

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Meningitis left Liverpool teacher Dave Hemsley thinking he'd been kidnapped - and nearly took his life...

Sarah Malik, 38, failed a breath test after police found her in the driver's seat of her stationary C180 Kompressor at midnight on April 22 in Hale Barns, Cheshire.

FGM charity worker, 38, found drunk at the wheel of her Mercedes during Ramadan escapes a driving ban after claiming she was power napping to avoid her strict Muslim father

Elaine Stead is back. Brandishing a glass of Barossa shiraz and a wide grin, the venture capital investor is sifting through the crowd, brimming with confidence at the opening party for Adelaide tech ...

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