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Developing Cognitive Behavioral Therapy to Prevent ...
We hypothesized that using pharmacotherapy and CBT sequentially would effectively prevent relapse and promote recovery in children and adolescents with depression. Rounsaville, Carroll, and Onken (2001) have suggested a stage model for the development and testing of novel behavioral interventions.

Cognitive Behavioral Therapy (CBT) for Negative Thinking ...

Cognitive behavioral therapy, or CBT, is a common type of talk therapy that for some people can work as well or better than medication to treat depression. It can be effective if your depression