



Learn How To Cope with Death, Loss, Grief, and Bereavement - Helpful Tips from Cognitive-Behavioral Therapy: 5 Most Common Grief Cognitions Therapy ... Can Address, Restructure, and Resolve

Veronica Semenova

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Losing a loved one can be devastating. Coping with loss often takes a long time, challenging our values, beliefs, redefining the established roles, relationships, responsibilities, and demands. The grieving process focuses on major tasks that need to be completed to emerge from grief. Cognitive-behavioral therapy (CBT) can help confront pain and guide the grieving individual through the grief stages as well as deal with depression, anxiety, guilt, self-blame, and hopelessness. This book will be helpful to the recently bereaved as well as to therapists starting to work with grief in CBT therapy.

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