

CBT Skills Workbook: Practical Exercises And Worksheets To Promote Change By Barry Gregory M.Ed. Ed.D. LMHC NCC

By Barry Gregory M.Ed. Ed.D. LMHC NCC

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View Dr. Barry Gregory Ed.D., M.Ed., LMHC's professional profile on LinkedIn. LinkedIn is the CBT Skills Workbook Practical Worksheets and Exercises to Promote Change(Link). PESI In a nutshell, it helps people learn how to feel better by changing what they think and do. Dr. Barry Gregory Ed.D, M.Ed. LMHC, NCC.

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He is the clinical director at the Wellington Retreat in Florida and author of Cognitive-Behavioral Therapy Skills Workbook: practical worksheets and exercises

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