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Avy Joseph, UK, (www.city-minds.com) is a Director and Co-founder of the College of Cognitive Behavioural Therapies (CCBT) and City Minds. He is a registered and accredited CBT therapist with the AREBT and the BABCP and runs a busy clinic in central London. He gained a Master's degree in Rational-Emotive Behavioural Therapy, one of the main schools of Cognitive Behaviour Therapy from ...

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A newly developed group therapy model based on Cognitive Behavioral Therapy (CBT) integrates knitting into the therapeutical process and has been proven to yield reliable and promising results. The foundation for this novel approach to CBT is the frequently emphasized notion that therapy success depends on the embeddedness of the therapy method in the patients' natural routine.

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