



Exploring Feelings: Cognitive Behaviour Therapy to Manage Anxiety, Sadness and Anger

By Tony Attwood

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Exploring Feelings: Cognitive Behaviour Therapy to Manage Anxiety. ISBN. 1932565213 (ISBN13: 9781932565218). As Dr. Attwood explains, Cognitive Behavior Therapy (CBT) focuses on aspects of both cognitive deficiency and cognitive distortion, both of which are seen in people on the autism spectrum. To address these areas, the program starts with affective education, the goal of which is "to learn why we have emotions, their use and misuse and the identification of different levels of expression." From there, it moves on to cognitive restructuring, which "enables the child or adult to correct distorted conceptualizations and dysfunctional beliefs."