



Behavior therapy



Cognitive behavioral
therapy

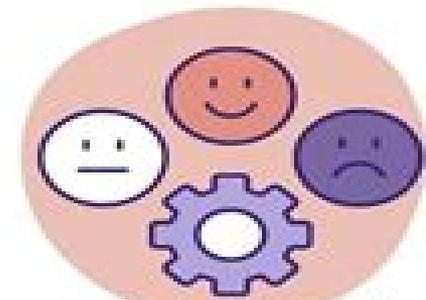
TYPES OF PSYCHOTHERAPY



Humanistic
therapy



Psychodynamic
therapy



Dialectical
behavior therapy

Therapy Techniques Trending

Samir G. Sakka, Bernd Saugel



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