



The Philosophy of Cognitive Behavioural Therapy: Stoic Philosophy as Rational and Cognitive Psychotherapy

Donald Robertson

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Why should modern psychotherapists be interested in philosophy, especially ancient philosophy? Why should philosophers be interested in psychotherapy? There is a sense of mutual attraction between what are, today, two thoroughly distinct disciplines. However, arguably it was not always the case that they were distinct.

This book traces the origins of modern cognitive behavioral therapy, noting a clear analogy with ancient philosophy. Robertson skillfully combines the clinical experience of therapy and the academic grasp of philosophy to write in depth.

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