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A defining feature of cognitive-behavioral therapy is the proposition that symptoms and dysfunctional behaviors are often cognitively mediated and, hence, improvement can be produced by modifying dysfunctional thinking and beliefs (Dobson & Dozois, 2001).

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Abstract This article reviews the current state of empirical research on the purported "new wave" of cognitive behavioral therapy (CBT). A particular emphasis is given to mindfulness-based treatments and acceptance and commitment therapy (ACT).

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(1992). The Empirical Status of the Laws of Emotion. Cognition

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and Emotion: Vol. 6, No. 6, pp. 467-477.

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Synopsis This paper reviews the current state of empirical research on the purported “new wave” of CBT. A particular emphasis is given to mindfulness-based treatments and Acceptance and Commitment Therapy (ACT). Mindfulness-based approaches and ACT are evaluated with regard to their efficacy and comparison to traditional CBT.

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The core idea of any therapy calling itself ‘cognitive’ is that people’s emotional reactions and behaviour are strongly influenced by cognitions(in other words, their thoughts, beliefs and

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interpretations about themselves or the situations in which they find themselves – fundamentally the meaning they give to the events of their lives).

~~Basic Theory, Development and Current Status of CBT~~

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assess the empirical status of MBIs using methods similar to those that have been used to evaluate other psychotherapeutic approaches (e.g., cognitive-behavioral therapy; Butler et al., 2006). Specifically, we aimed to catalogue and summarize (1) effect size estimates, (2)

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The empirical status of cognitive-behavioral therapy: a review of meta-analyses. Clin Psychol Rev. 2006; 26(1):17-31 (ISSN: 0272-7358) Butler AC; Chapman JE; Forman EM; Beck AT. This review...

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Previous research has shown that cognitive- behavioral group

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therapy (group CBT) is an effective treatment for depression. However, the effectiveness of this approach in routine care needs more research. The current study retrospectively examines the outcomes of patients who received group CBT for depression at a psychiatric outpatient clinic between 2003 and 2013.

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(2006). *Clinical Psychology Review*, 26 (1), 17-31. Cognitive Therapy (CBT) is one of the most researched forms of therapy.

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