

### **manuel de psychothérapie pdf**

Histoire L'approche cognitive : influence du stoïcisme. Plusieurs auteurs montrent une filiation entre les idées des philosophes stoïciens et les postulats de l'approche cognitive [3], [4], [5]. En effet, le philosophe stoïcien Épictète enseigne, dans son Manuel, que « ce qui trouble les hommes, ce ne sont pas les choses, mais les représentations qu'ils en fabriquent. » [6], selon ...

### **Thérapie cognitive-comportementale – Wikipédia**

Le désir de guérir ou de « prendre soin des hommes » semble inscrit dans la nature humaine [7], [8]. C'est une aptitude que beaucoup de gens possèdent mais qui, pour devenir une compétence, demande à être développée par l'apprentissage de théories et de techniques.

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