
Cognitive Restructuring Counseling Muslim Clients

By

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OBJECTIVES

This workshop is designed:

- To have the participants develop an insight into the typical cognitive processes, beliefs, attitudes and dispositions of their Muslim clients and how they lead to emotional, personality, relationship and social problems in Muslim communities
- To learn the steps of Cognitive Restructuring Therapy
- To share personal experiences with clients
- To discuss applicability of this model of treatment in various emotional, mental, behavioral and personality disorders

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