

**aaron t beck wikipedia** - *aaron temkin beck born july 18 1921 is an american psychiatrist who is professor emeritus in the department of psychiatry at the university of pennsylvania he is regarded as the father of cognitive therapy and his pioneering theories are widely used in the treatment of clinical depression beck also developed self report measures of depression and anxiety notably the beck depression, **coping us coping us assessment tools** - coping us is home of the tools for coping series by james j messina these self help books are intended to help you become all you are capable of becoming*

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