

## BEHAVIORAL THERAPY TECHNIQUES

Therapy Model	Main Techniques or Principles
<b>Cognitive Behavioral Therapy</b>	<ul style="list-style-type: none"><li>- Skills training</li><li>- Exposure therapy</li><li>- Cognitive therapy</li><li>- Consistency management</li></ul>
<b>Acceptance and Commitment Therapy</b>	<ul style="list-style-type: none"><li>- Contact with the present moment</li><li>- Acceptance</li><li>- Cognitive diffusion</li><li>- Observing the self</li><li>- Values</li><li>- Commitment</li></ul>
<b>Dialectical Behavior Therapy</b>	<ul style="list-style-type: none"><li>- Validation</li><li>- Dialectics</li><li>- Radical acceptance</li><li>- Skills training (emotional regulation)</li></ul>
<b>Mode Deactivation Therapy</b>	<ul style="list-style-type: none"><li>- Mode deactivation</li><li>- Validation (radical acceptance)</li><li>- Mindfulness skills</li><li>- Cognitive balancing</li></ul>