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Avy Joseph, UK, (www.city-minds.com) is a Director and Co- founder of the College of Cognitive Behavioural Therapies (CCBT) and

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City Minds. He is a registered and accredited CBT therapist with the AREBT and the BABCP and runs a busy clinic in central London. He gained a Master's degree in Rational-Emotive Behavioural Therapy, one of the main schools of Cognitive Behaviour Therapy from ...

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