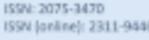
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Counseling Psychology and Psychotherapy

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# Counseling Psychology and Psychotherapy

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## JOURNAL'S MISSION

- To present the evidence-based practice and research oriented on refinement and improvement of psychological help in a wide range of conditions: from personal crises and learning difficulties to severe mental disorders
- First Russian Journal, devoted to Counseling Psychology and Psychotherapy
- Established in 1992 by Fiodor Vasilyuk the author of the concept "Perezhivanie"



## COMING ISSUE ON AARON T. BECK'S 100<sup>th</sup> ANNIVERSARY VOLUME 29(3) - 2021

- Aaron T. Beck has fathered a most recognized therapy and counseling approach which is open to integration with other methods
- The Becks' family originally came from Russia



- In 1996, 25 years ago, Alla Kholmogorova and Natalya Garanyan prepared a special issue of this Journal that introduced Beck's works to Russian specialists for the first time in Russia.
- Upon the publication of the issue, Aaron Beck invited us to Philadelphia, and we became the first Eastern European psychologists who got the Beck Institute scholarship for CBT training.

### CULTURAL-HISTORICAL INFLUENCES IN CBT



"Another somewhat related influence, especially in the development of CBT with children, was the work of the Soviet psychologists Lev Vygotsky (1978) and A.R. Luria (1976). They proposed that children become socialized by internalizing interpersonal communication into private (intrapersonal) speech. Their socialization and internalization models provided a theoretical framework for the development of cognitive behaviour modification with children"

Donald Meichenbaum, 1988, P. 115







Reflection and Activity Approach is a modern elaboration of Vygotsky's work that may enrich CBT therapy and counseling with children and adults. We try to develop and integrate ideas of Aaron Beck and Lev Vygotsky.

(Zaretsky, 2016; Zaretsky & Kholmogorova, 2017)



#### **COMING SOON**

## "INTEGRATING AND HEALING POWER OF COGNITIVE THERAPY: TO THE 100<sup>TH</sup> ANNIVERSARY OF AARON T. BECK

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