

# **CBT Skills Workbook: Practical Exercises And Worksheets To Promote Change By Barry Gregory M.Ed. Ed.D. LMHC NCC**

**By Barry Gregory M.Ed. Ed.D. LMHC NCC**

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Genre/Form: Electronic books: Additional Physical Format: Print version: Gregory, Barry M. CBT skills workbook (OCoLC)725410165: Material Type: Document, Internet

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He is the clinical director at the Wellington Retreat in Florida and author of Cognitive-Behavioral Therapy Skills Workbook: practical worksheets and exercises

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### **Barry M. Gregory (Author of CBT Skills Workbook) -**

Barry M. Gregory is the author of CBT Skills Workbook (3.75 avg rating, 8 ratings, 0 reviews, published 2010)

### **Dr. Barry Gregory Ed.D., M.Ed., LMHC | LinkedIn -**

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