

20 July 2005

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Google, Inc.
Attn: Blogger, DMCA complaints
[REDACTED]
Mountain View, CA 94043
USA

Dear Google,

This complaint concerns the material which begins as follows:

"An Introduction to Cognitive Therapy & Cognitive Behavioural Approaches

Cognitive therapy (or cognitive behavioural therapy) helps the client to uncover and alter distortions of thought or perceptions which may be causing or prolonging psychological distress.

- * Underlying Theory of Cognitive Therapy
- * Therapeutic Approach of Cognitive or Cognitive Behavioural Therapy
- * Criticisms of Cognitive Therapy and CBT
- * Best Fit With Clients
- * Further Reading on Cognitive Therapy
- * External Reading Suggestions on Cognitive Therapy

Email counselling: private and low-cost.

Underlying Theory of Cognitive Therapy

The central insight of cognitive therapy as originally formulated over three decades ago is that thoughts mediate between stimuli, such as external events, and emotions..."

This material is posted at: <http://0ldfox.blogspot.com/2005/06/cognitive-therapy-introduction-to.html>

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I swear, under penalty of perjury, that the information in the notification is accurate and that I am the copyright owner or am authorized to act on behalf of the owner of an exclusive right that is allegedly infringed. You can see the original version of this material, which I wrote, at:
<http://counsellingresource.com/types/cognitive-therapy/index.html>

Sincerely,

[REDACTED]
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