

Download An Introduction To Psychological Science

An Introduction to Modern CBT by internationally known researcher and clinical psychologist Stefan Hofmann is exactly the right book for the busy clinician who wants to know the latest research, how it is relevant to clinical practice and what to do with patients who need help now. Psychology is the science of behavior and mind, including conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope and diverse interests that, when taken together, seek an understanding of the emergent properties of brains, and all the variety of epiphenomena they manifest. The Bachelor of Psychological Science provides the first three years of full-time (or part-time equivalent) study and training required to prepare graduates for employment in a range of careers that require critical thinking and an understanding of human psychological factors. Dust off those Bic ballpoints and college-ruled notebooks — research shows that taking notes by hand is better than taking notes on a laptop for remembering conceptual information over the long term. The findings are published in Psychological Science, a journal of the Association for