



# **Cognitive Neuroscience and Psychotherapy: Network Principles for a Unified Theory**

*Warren Tryon*

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# Cognitive Neuroscience and Psychotherapy: Network Principles for a Unified Theory

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*Cognitive Neuroscience and Psychotherapy* provides a bionetwork theory unifying empirical evidence in cognitive neuroscience and psychopathology to explain how emotion, learning, and reinforcement affect personality and its extremes. The book uses the theory to explain research results in both disciplines and to predict future findings, as well as to suggest what the theory and evidence say about how we should be treating disorders for maximum effectiveness. While theoretical in nature, the book has practical applications, and takes a mathematical approach to proving its own theorems. The book is unapologetically physical in nature, describing everything we think and feel by way of physical mechanisms and reactions in the brain. This unique marrying of cognitive neuroscience and clinical psychology provides an opportunity to better understand both.

- Unifying theory for cognitive neuroscience and clinical psychology
- Describes the brain in physical terms via mechanistic processes
- Systematically uses the theory to explain empirical evidence in both disciplines
- Theory has practical applications for psychotherapy
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