



# **Brief Psychotherapy: CMT: An Integrative Approach in Clinical Practice**

*Francis Macnab*

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Contextual Modular Therapy (CMT) is an intensive engagement in therapy. Clients' problems are discussed with regard to the context of their occurrence and the resources which might be relevant to them. The psychotherapy is in six-session modules, each one drawing the client into a different engagement. This approach offers clients a clear indication of their plan of therapy and they may wish to participate in monitoring and evaluating directions taken and progress made.

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