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BRIEF HISTORY OF COGNITIVE-BEHAVIOR THERAPY (CBT): I: Behavior Therapy (BT): Cognitive-behavior therapies are actually a group of modern related therapies that are the first truly "empirical" psychotherapies. David F. Oates, PhD specializes in the treatment of Depression, anxiety, panic attacks, and interpersonal relationship problems. His repertoire of clinical skills includes brief psychotherapy, as well as cognitive-behavioral and solution-focused methods designed to help his clients develop more adaptive coping behaviors. Open Access journals are the major source of knowledge for young and aspiring generations who are keen in pursuing a career in sciences. This system provides easy access to networks of scientific journals. "This is the best book I've ever read on the solution-focused approach. The ideas are easy for students to understand and the book is fun to read."