T‌‌‌‍‍‌‍‍‌‍‌‍‌‍‍‌‌‌‌he Final Research Paper provides an opportunity to be creative with your own integrative understanding of the theory and application of Cognitive Behavioral and Mindfulness Based Cognitive Behavioral Therapies. The focus of this paper is to research the relevant and pertinent evidence based practice of the methodological applications of cognitive behavioral therapies to a clinical disorder. Your paper must include a minimum of eight (8) current research articles\* taken from scholarly journals (online or hard copy) on your selected topic. You may use the Bibliography located under Resources. The following guidelines will help you prepare for your Final Research Paper:‌‌‌‍‍‌‍‍‌‍‌‍‌‍‍‌‌‌‌Choose a clinical disorder from the DSM-5. In consideration of the clinical disorder you chose, write a comparative research paper on the assessment and treatment of this disorder using at least two (2) evidence based practices of Cognitive Behavioral based therapies (ex. CBT, REBT, Exposure, Motivational, etc.) and at least two (2) evidence based practices of MiCBT based therapies (ex. DBT, ACT, etc). Include a brief discussion of how you see your research findings as significant to your personal and/or professional life. \* Do not use the course texts for this assignment. This is a research-based paper. Paper is to be 10 pages total plus title and reference page‌‌‌‍‍‌‍‍‌‍‌‍‌‍‍‌‌‌‌s