

CBT Explained

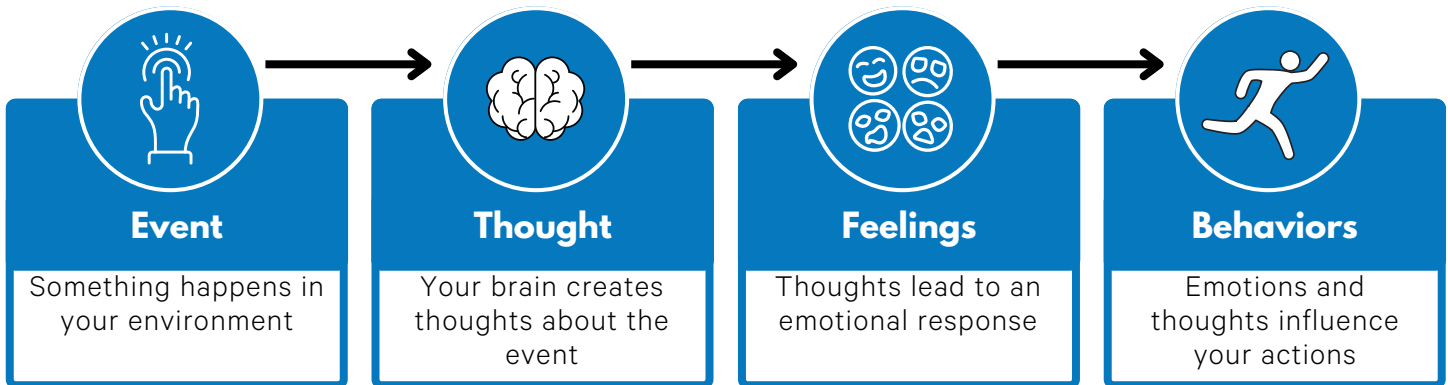
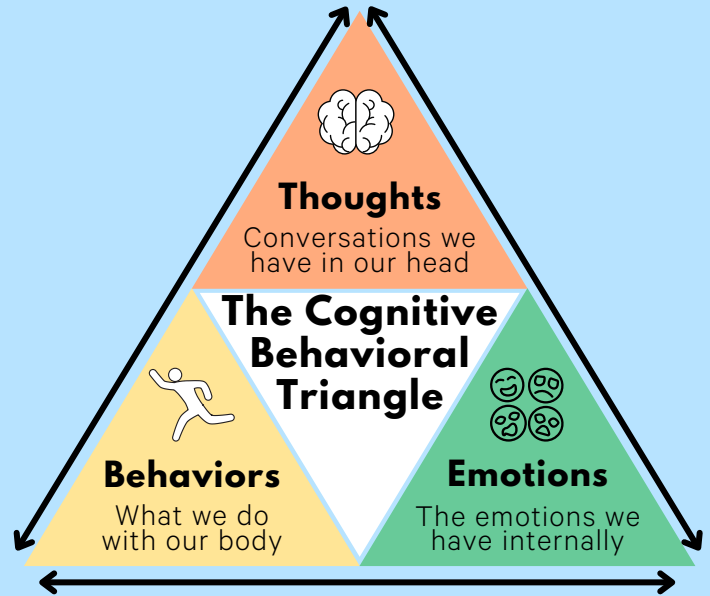
Cognitive Behavioral Therapy

CBT Explained

The evidence-based treatment for mood disorders is Cognitive Behavioral Therapy, also known as CBT. CBT focus on the mind-body connection and focuses on the connection between our thoughts, feelings, and behaviors. CBT targets:

- Emotional awareness
- Negative thinking patterns
- Unhelpful coping strategie

CBT is based on the idea that what you think influences how you feel and how you act. Therefore, shifting the way you think could change how you emotionally feel.



Components of CBT

Emotion Identification - Learning to recognize internal emotions and label these emotions

Cognitive Restructuring - Learning to recognize negative thoughts and challenge these thoughts

Behavioral Activation - Engaging in pleasurable activities to improve mood symptoms

Active Coping - Identifying strategies to "ride the wave" including relaxation and distraction

Important Points

- Treatment focused on building your coping toolkit to help you manage stress
- CBT is an active treatment meaning you will be learning and practicing skills between each therapy session
- CBT is not a magic fix and you may not notice a difference in your mood right away. The more you practice, the more helpful these skills will be



What is CBT? Making Sense of Cognitive Behavioural Therapy
By Mind, The Mental Health Charity



The CBT Triangle - SEL Sketches
By SEL Sketches



What is Cognitive Behavioral Therapy?
www.apa.org



Behavioral Treatment for Kids With Anxiety
childmind.org