

CBT Explained

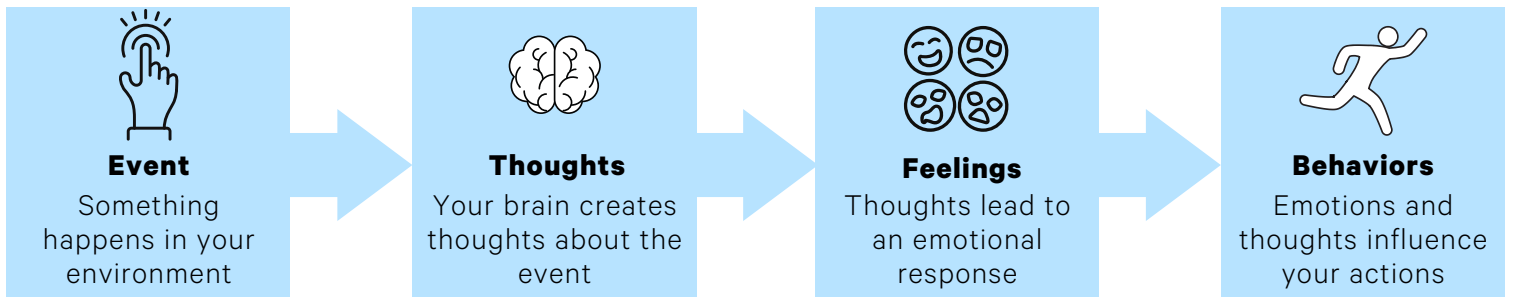
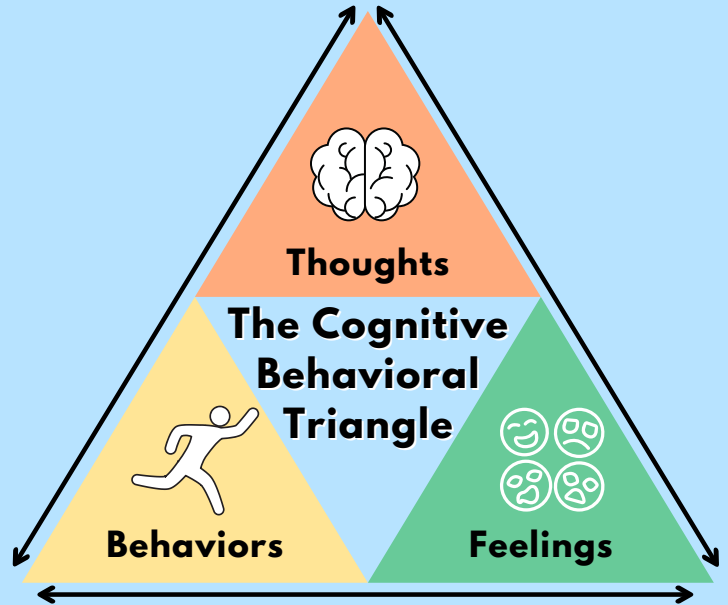
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CBT Explained

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" such as relaxation, mindfulness, and distraction.

Important Points

- Treatment will help you identify adaptive or helpful coping strategies to increase functioning.
- CBT is an active treatment meaning you will be learning skills and practicing these skills between each therapy session.
- CBT is not a magic fix. This means you may not notice a difference in your mood symptoms right away. The more you practice these skills outside of therapy, the more helpful they will be.

YouTube Videos



What is CBT? Making Sense of Cognitive Behavioural Therapy

By Mind, The Mental Health Charity



The CBT Triangle - SEL Sketches

By SEL Sketches

To Learn More About CBT



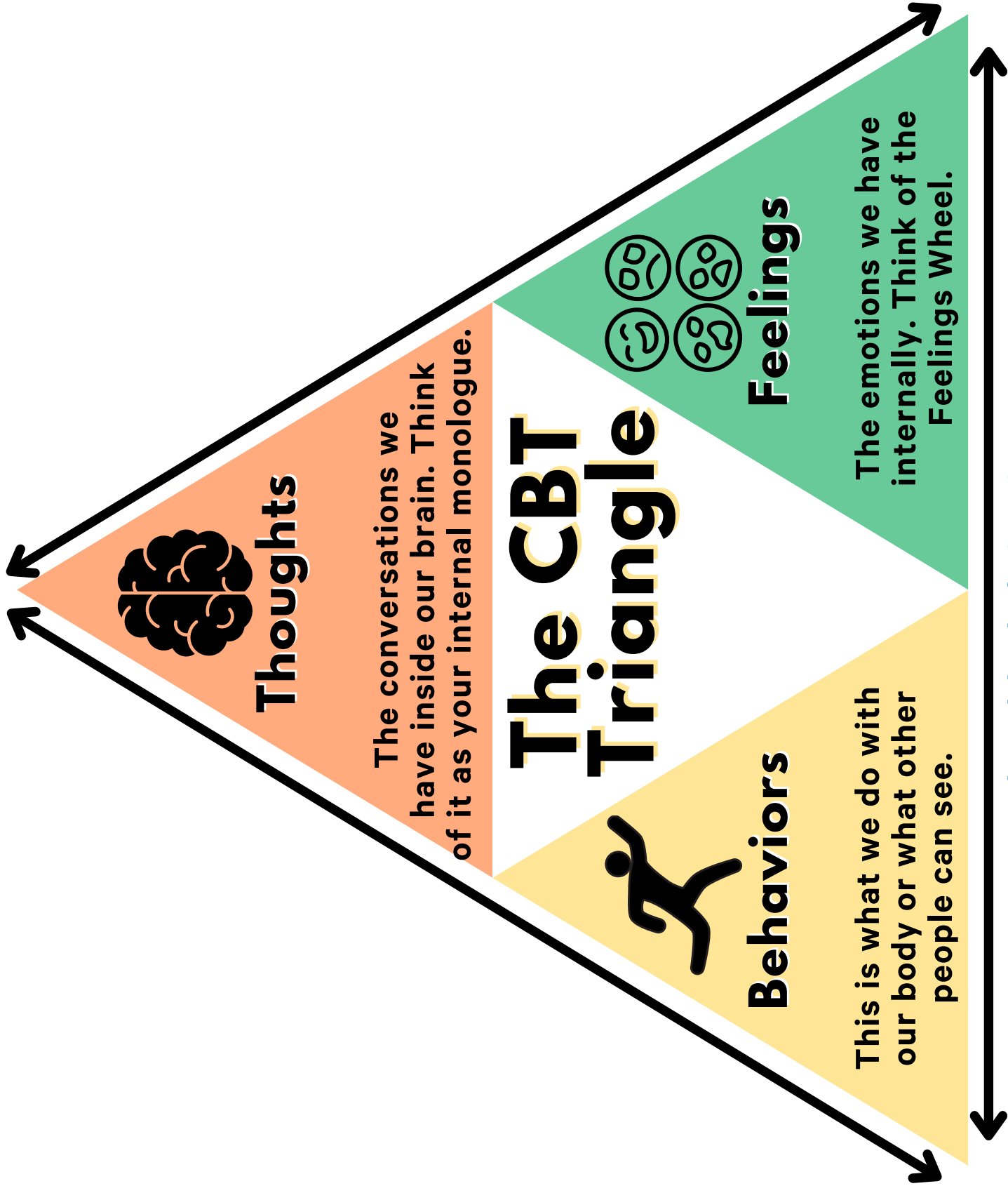
American Psychological Association

www.apa.org



Beck Institute for CBT

beckinstitute.org



Thoughts

The conversations we have inside our brain. Think of it as your internal monologue.



Behaviors

This is what we do with our body or what other people can see.



Feelings

The emotions we have internally. Think of the Feelings Wheel.

The CBT Triangle