

# COGNITIVE BEHAVIORAL THERAPY (CBT)

By: Serena Petullo

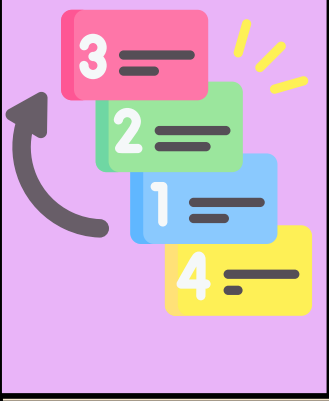
## WHAT IS COGNITIVE BEHAVIORAL THERAPY?

A form of psychotherapy that evaluates the link between thoughts, and emotions, and how that affects behavior. By exposing that link a person is able to change their thinking and behavioral patterns to enhance well-being. Mental disorders such as depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders and other severe mental illnesses are most commonly treated with CBT.



## CORE BELIEFS OF CBT

- Psychological problems are based, in part, on faulty or unhelpful ways of thinking.
- Psychological problems are based, in part, on learned patterns of unhelpful behavior.
- People suffering from psychological problems can learn better ways of coping with them, thereby relieving their symptoms and becoming more effective in their lives.



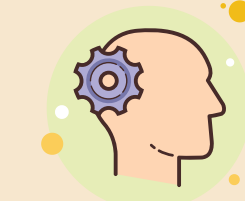
## 3 LEVELS OF COGNITION

**Conscious thoughts:**  
Rational thoughts and choices that are made with full awareness.

**Schemas:**  
Core beliefs and personal rules for processing information shaped by influences in childhood and other life experiences.

**Automatic thoughts:**  
Often irrational or negative thoughts that occur outside of our conscious awareness due to stimuli.

## A FEW TECHNIQUES USED IN CBT



**Cognitive Restructuring:**  
Helps one recognize and analyze negative thinking patterns.



**Exposure and Response Prevention:**  
Exposes an individual to a stressor and actively chooses not to comply with compulsive thoughts or behaviors



**Guided Discovery:**  
Reviewing one's own cognitive processes and how that may effect their daily lives.

## ADDITIONAL RESOURCES

- Visit [Psychology Today](#) to find a CBT therapist near you.
- [Click here](#) to find out if Cognitive Behavioral Therapy is right for you
- For more information about CBT visit [the Mayo Clinic](#)

