CBT

Cognitive Behavioral Therapy is a type of treatment that is usually short-term and focuses on individuals’ thoughts, feelings, and behavior. It is used with a wide range of disorders, such as depression, anxiety, phobias, and addiction problems. The basic concept of CBT is that our thoughts and feelings play a fundamental role in shaping our behavior. Therefore, by examining and identifying faulty beliefs, as well as learning and implementing new skills and ways of coping, we can make changes in our behavior. CBT is problem-focused and goal-directed, and often requires practice outside of session. It is a collaborative effort between therapist and client and the skills acquired can be useful for many life experiences. CBT can also be useful in many different modalities of therapy—individual, family, couples, or group work—and can be useful for all ages.