

Cognitive Behavioral Therapy (CBT) is a type of talk therapy that helps people change negative thought patterns and behaviors to improve their mental and emotional well-being. It teaches practical strategies to manage stress, emotions, and behaviors by identifying, questioning, and replacing unhelpful thoughts with more rational ones. CBT is effective for a wide range of conditions, including depression, anxiety, chronic pain, and sleep problems, and can be delivered in person or online.

#### How CBT Works

CBT operates on the principle that your thoughts, feelings, and behaviors are interconnected. By changing unhelpful thinking patterns, you can also change your feelings and actions.

- Identify negative thoughts: A therapist helps you recognize "cognitive distortions" or irrational thought patterns.
- Challenge and change thoughts: You learn to question the accuracy of these negative thoughts and replace them with more balanced and positive self-talk.
- Develop coping skills: CBT provides strategies and techniques to manage difficult situations and emotional challenges.

#### What CBT Can Help With

CBT is an evidence-based treatment for many physical and psychological conditions.

- Mental Health Conditions: Depression, anxiety disorders, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), eating disorders, and substance use disorders.
- Emotional Concerns: Stress, grief, relationship problems, and other difficult life events.
- Nonpsychiatric Conditions: Insomnia and chronic pain.

#### Key Characteristics of CBT

- Structured and Goal-Oriented: CBT is a practical, focused approach with clear goals for treatment.
- Present-Focused: It focuses on current problems and behaviors, rather than dwelling on the past.
- Time-Limited: It is often a brief and effective therapy, though the duration can vary.
- Active Participation: You are an active participant, working with the therapist to find solutions and set goals.
- Versatile: It can be done one-on-one, in groups, or even online.