

## WHAT IS COGNITIVE BEHAVIOURAL THERAPY

Cognitive Behavioural Therapy is a form of psychotherapy where you learn to change your perceptions and how you see things in your life. This can have a positive effect on your behaviour and mood. CBT can help you with many problems, ranging from depression, anxiety, and addictions to chronic pain.



CBT is solution-focused and time limiting with the intent to help you adapt your way of thinking and be more self-aware of how to see an event or situation from a positive perspective as opposed to a negative one.

## DURING CBT THERAPY YOU CAN LEARN TO:

- Identify problems more clearly.
- Develop an awareness of automatic thoughts.
- Challenge underlying assumptions that may be wrong.
- Distinguish between facts and irrational thoughts.
- Understand how past experiences can affect present feelings and beliefs.
- Stop fearing the worst.
- See a situation from a different perspective.
- Better understand other people's actions and motivations.
- Develop a more positive way of thinking and seeing situations.
- Become more aware of your mood.
- Establish attainable goals.
- Avoid generalizations and all-or-nothing thinking.
- Stop taking the blame for everything.
- Focus on how things are, rather than how you think they should be.
- Face your fears rather than avoid them.
- Describe, accept, and understand rather than judge yourself or others.



## WHAT CBT CAN TREAT

First created by therapists more than [fifty years ago](#) to treat depression. There are now numerous Cognitive Behavioural Therapy models for treating a wide range of conditions, including:

- Panic disorder
- Post-traumatic stress disorder (PTSD)
- Generalized anxiety disorder (GAD)
- Insomnia
- Social phobia
- Childhood depression
- Anger
- Marital conflict
- Substance abuse and addiction
- Dental phobia
- Eating disorders
- Many other mental and physical conditions

Research has shown that Cognitive Behavioural Therapy can reduce the symptoms of mental and physical health conditions that some other treatments are unable to relieve. One of the reasons it works so well is that it's very focused and goal-oriented.



## HOW DOES IT WORK

Some forms of psychotherapy focus on looking into the past to gain an understanding of current feelings. In contrast, Cognitive Behavioural Therapy focuses on your present thoughts and beliefs.



CBT can help you with many problems where thoughts and beliefs are critical. It emphasizes the need to identify, challenge, and change how you view a situation.

According to CBT, your pattern of thinking is like wearing a pair of glasses that makes you see the world in a specific way. CBT makes you more aware of how these thought patterns create our reality and determine how you behave.

## CHANGING DISTORTIONS AND PERCEPTIONS

Cognitive Behavioural Therapy can help you to find new ways of looking at things. It aims to transform any way of thinking and behaving that reduces positive outcomes. For example, when you have depression, your perceptions and interpretations can become distorted.



A distorted view can make you more susceptible to a negative mindset, jumping to conclusions, mistakenly seeing situations as catastrophic, and seeing things as either good or bad with nothing in between. If you learn fearful or negative ways of thinking, you can start to think in this way automatically. CBT focuses on challenging these automatic thoughts and comparing them with reality.

## **KEY TAKEAWAY**

If you can change their way of thinking, your distress decreases, and you can function in a way that is more likely to benefit you and those around you. As you acquire new skills, it becomes easier for you to solve problems constructively. This can help you reduce stress, feel more in control, and think less negatively.

### **Want more information on our Cognitive Behavioural Therapy services?**

We offer health and wellness services for individuals and businesses. Take the first step and get in touch with us today!

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