



What is Cognitive Behavioral Therapy (CBT)?

Cognitive Behavioral Therapy, or CBT is a type of therapy where a patient works with a licensed professional to understand how thoughts, feelings, physical sensations and actions are all connected. Understanding the connections and how negative thoughts and feelings can affect behavior and emotion will allow you to breakdown any concerns or feelings further and understand how to approach them in a more positive way.

CBT is based on a number of core principles, including:¹

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

CBT can be approached in a number of ways, however below are a few of the most common objectives to be addressed throughout therapy:

- Identifying specific concerns in your daily life
- Awareness of your thoughts and emotions surrounding the identified concerns
- Identification of negative thoughts or behaviors occurring in your daily life
- Reshaping your identified negative thoughts or behaviors

Walgreens

CBT focuses on helping patients to think about their thoughts and behaviors.

Not all CBT treatments will look the same for each person, but instead will focus on different aspects to ensure that your personal needs are met. Additionally, CBT can be included in a treatment plan with or without the use of medications for depression and anxiety and can also be beneficial for patients without a mental health condition.

For additional information on CBT and access to a variety of tools and resources visit Mental Health America at **screening.mhanational.org**

References

1. American Psychological Association. (2021). What is Cognitive Behavioral Therapy? Retrieved from: <https://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral>
2. Mental Health America. (2020). Cognitive Behavioral Therapy (CBT). Retrieved from: <https://screening.mhanational.org/content/cognitive-behavioral-therapy-cbt/>
3. Mayo Foundation for Medical Education and Research. (2021). Cognitive Behavioral Therapy. Retrieved from: <https://www.mayoclinic.org/tests-procedures/cognitive-behavioral-therapy/about/pac-20384610>

