

What Is Cognitive Behavioural Therapy (CBT)?

Cognitive Behavioural Therapy (CBT) focuses on how your thoughts (cognition) affect how you feel (feelings) about yourself, a specific situation and/or the world and consequently determine how you behave (behaviour) (what you do or don't do). This approach defines distress as unhelpful thinking patterns and behaviours that create difficulties. CBT therapy takes on the view that our feelings, thoughts, and how we behave are connected, and changing one of these factors will affect the others.

This evidence-based approach helps manage challenging behaviours or feelings that might be experienced in specific situations. The work is goal-oriented and problem-specific, focusing on present issues.

How Does Cognitive Behavioural Therapy Work?

Working collaboratively with the therapist, you will develop helpful insights on identifying and changing unhelpful thinking patterns or behaviours that have become 'automatic' over time

and learn new ways and strategies to change and / or manage your feelings, behaviour and thinking.

Specific tools and techniques characterise CBT therapy. Depending on your problem, your therapist may ask you to keep a 'thought record diary' or to write down what you do in specific situations and will often give you 'homework' to do in between sessions, which will be evaluated together in the next session.

These CBT techniques aim to help you monitor your thoughts / behaviours, thus providing a clearer understanding of the issue and evaluating whether they are realistic, helpful, and affect your day-to-day life. This is designed to help you understand and explore possible ways in which these unhelpful patterns of behaviour / thinking styles can be changed.

To change / challenge your thoughts / behaviours, your therapist may ask you to do specific behavioural experiments that will be designed together with you, and subsequently evaluate their outcomes and proceed to monitor your progress in applying these changes and newly learned skills in your everyday life.

This approach is usually described as a short-term approach, given its characteristic of working with specific, attainable goals.

Cognitive Behavioural Therapy (CBT) is highly effective even when delivered remotely through [online therapy](#).

Benefits Of Cognitive Behavioural Therapy (CBT)

CBT therapy is one of the most popular evidence-based approaches for a wide range of problems, such as:

[Addiction](#)

[Anxiety Disorders](#)

[Depression](#)

[Chronic Pain](#)

[Codependency](#)

[Insomnia](#)

[Low Self-Esteem](#)

[Obsessive-Compulsive Disorder \(OCD\)](#)

[Panic Attacks](#)

[Phobias and Agoraphobia](#)

[Post-Traumatic Stress Disorder \(PTSD\) and Complex](#)

[Post-Traumatic Stress Disorder \(CPTSD\)](#)

[Relationship Issues](#)

[Stress Management](#)

[Trauma](#)

[Physical Health Conditions](#)

[Low Self-Confidence](#)

[Building Resilience](#)

[Repetitive Pattern of Behaviours](#)

[Eating Disorders](#)

Please get in touch with us to learn more about CBT therapy or [schedule an appointment](#) for a free initial consultation.