

Understanding Cognitive Behavioral Therapy (CBT)

1. What is Cognitive Behavioral Therapy (CBT)?

Cognitive Behavioral Therapy (CBT) is a practical, evidence-based approach that helps people understand how their thoughts, feelings, and behaviors are connected. It teaches that while we can't always control what happens to us, we can change how we respond to those experiences. CBT helps you identify unhelpful thought patterns and replace them with more balanced, supportive ways of thinking. Through this process, you can build coping skills, increase self-awareness, and reduce emotional distress. CBT is collaborative, structured, and focused on empowering you to create meaningful change at your own pace.

2. What can CBT help with?

CBT has been shown to be effective for a wide range of concerns and is adaptable for people of all ages. It provides tools to help you manage thoughts, emotions, and behaviors in a mindful and compassionate way. CBT can help with:

- Anxiety and panic
- Depression and low mood
- Stress management and burnout
- Trauma and post-traumatic stress
- Negative self-talk and self-esteem issues
- Relationship or communication difficulties
- Phobias, fears, and obsessive thoughts

By focusing on practical strategies and self-understanding, CBT helps you feel more in control and confident in your daily life.

■ *This information is provided for educational purposes and is inspired by trauma-informed care principles.*

Source: Beck Institute for Cognitive Behavior Therapy.