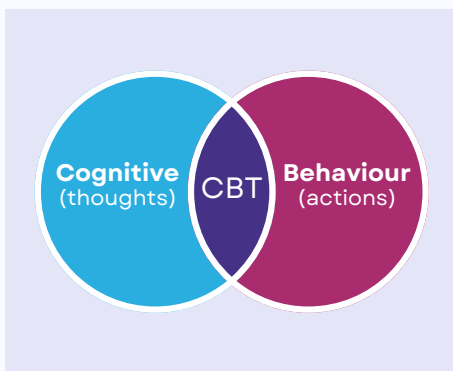


WHAT IS COGNITIVE-BEHAVIOURAL THERAPY?



COGNITIVE BEHAVIOURAL THERAPY (CBT) IS A FORM OF PSYCHOLOGICAL TREATMENT THAT HAS BEEN DEMONSTRATED TO BE EFFECTIVE FOR A RANGE OF PROBLEMS INCLUDING DEPRESSION, ANXIETY DISORDERS, ALCOHOL AND DRUG USE PROBLEMS, EATING DISORDERS, AND SEVERE MENTAL ILLNESS.

NUMEROUS RESEARCH STUDIES SUGGEST THAT CBT LEADS TO SIGNIFICANT IMPROVEMENT IN FUNCTIONING AND QUALITY OF LIFE. IN MANY STUDIES, CBT HAS BEEN DEMONSTRATED TO BE AS EFFECTIVE AS, OR MORE EFFECTIVE THAN, OTHER FORMS OF PSYCHOLOGICAL THERAPY OR PSYCHIATRIC MEDICATIONS.



BASIS OF COGNITIVE BEHAVIOURAL THERAPY (CBT)

CBT is based on several core principles, including:

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 their issues, to relieve the symptoms and ultimately to become more effective in their lives.

What does the "cognitive" part of CBT involve?

The "cognitive" part of CBT refers to cognitive therapy. This involves efforts to notice patterns of thinking that might be contributing to your distress or "stuckness" in life and focusing on reducing their hold over you.

Some of the ways we might help you do this is by:

1. Learning to recognize distortions in thinking that are creating problems, and then to challenge and reevaluate them by focusing on gathering evidence against them.
2. Gaining a better understanding of the behavior and motivation of others.
3. Using problem-solving skills to cope with difficult situations.
4. Learning to develop a greater sense of confidence in your own abilities.

What does the "behavioural" part of CBT involve?

The "behavioural" part of CBT refers to behavioural therapy. Behavioural therapy means actively doing things differently to create change in your life, such as overcoming obstacles, facing fears, gaining confidence by testing yourself, building your ability to tolerate discomfort and building your capacity to stay focused on your goal.

Some of the ways we might help you do this is by:

1. Facing your fears in gradual steps instead of avoiding them.
2. Using role playing to prepare for potentially problematic interactions with others.
3. Learning to calm your mind and relax your body.
4. Setting yourself small goals to steadily achieve to build your confidence.

"The greatest weapon against stress is our ability to choose one thought over another."

William James



*The Brisbane Centre for
Attachment & Relationships*

**Unit 2, 23 Breene Place
Morningside QLD 4170
Ph: 07 3899 8590**

www.attachmentbrisbane.com.au