

COGNITIVE BEHAVIORAL THERAPY (CBT)

Cognitive Behavior Therapy (CBT) is a time-sensitive, structured, present-oriented psychotherapy directed toward solving current problems and teaching clients skills to modify dysfunctional thinking and behavior.

CBT is a psychotherapy that is based on the cognitive model: the way that individuals perceive a situation is more closely connected to their reaction than the situation itself.

One important part of CBT is helping clients change their unhelpful thinking and behavior that lead to enduring improvement in their mood and functioning.

CBT uses a variety of cognitive and behavioral techniques, but it isn't defined by its use of these strategies. CBT does a lot of problem solving and borrows from many psychotherapeutic modalities, including dialectical behavior therapy, acceptance and commitment therapy, Gestalt therapy, compassion focused therapy, mindfulness, solution focused therapy, motivational interviewing, positive psychology, interpersonal psychotherapy, and when it comes to personality disorders, psychodynamic psychotherapy

Source: Beck Cognitive Therapy
<https://www.beckinstitute.org/get-informed/what-is-cognitive-therapy/>

Resource Links:

- 1) Beck Scales <https://www.beckinstitute.org/get-informed/tools-and-resources/professionals/patient-assessment-tools/>
- 2) Qualification Levels for Beck Scales
<http://www.pearsonclinical.com/psychology/qualifications.html>