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Cognitive Behavioral Therapy (CBT): How Does It Work?

Cognitive behavioral therapy (CBT) is a type of psychotherapeutic treatment that helps patients understand the thoughts and feelings that influence behaviors. CBT is commonly used to treat a wide range of disorders, including phobias, addictions, depression, and anxiety. [Cognitive Behavioral Therapy | Psychology Today](#) Cognitive-behavioral therapy is a form of psychotherapy that treats problems and boosts happiness by modifying dysfunctional emotions, behaviors, and thoughts. [Beck Institute for Cognitive Behavior Therapy - Official Site](#)

Beck Institute for Cognitive Behavior Therapy is a leading international source for training, therapy, and resources in CBT. Soldiers Suicide Prevention (Beck Institute) is a Combined Federal Campaign (CFC) Approved Charity: CFC # 11590 Site developed by Lev Lane [In-Depth: Cognitive Behavioral Therapy - Psych Central](#)

Cognitive behavioral therapy (CBT) is a short-term, goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem-solving.

[Cognitive Behavioral Therapy - Positive Psychology Program](#)

Many of the most popular and effective Cognitive Behavioral Therapy techniques are applied to what psychologists call cognitive distortions (Grohol, 2016). Cognitive distortions: inaccurate thoughts that reinforce negative thought patterns or emotions.

[Online Training | Beck Institute for Cognitive Behavior](#)

Beck Institute for Cognitive Behavior Therapy is a leading international source for training, therapy, and resources in CBT. Soldiers Suicide Prevention (Beck Institute) is a Combined Federal Campaign (CFC)

[What is Cognitive Behavior Therapy | Beck Institute](#) 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.

[Cognitive Behavioral Therapy - Effective Child Therapy](#)

Cognitive behavioral therapy (CBT) for children and adolescents usually are short-term treatments (i.e., often between six and 20 sessions) that focus on teaching youth and/or their parents specific skills. CBT differs from other therapy approaches by focusing on the ways that a child or

adolescent's thoughts, emotions, and behaviors are interconnected, and how they each affect one another

Cognitive Behavioral Therapy (CBT) for Negative Thinking ...

Cognitive behavioral therapy, or CBT, is a common type of talk therapy that for some people can work as well or better than medication to treat depression.

Therapy for Anxiety Disorders: Cognitive Behavioral ...

Cognitive behavioral therapy (CBT) is the most widely-used therapy for anxiety disorders. Research has shown it to be effective in the treatment of panic disorder, phobias, social anxiety disorder, and generalized anxiety disorder, among many other conditions.

CBT Training Programs - Academy of Cognitive Therapy

This training course consists of one year of theoretical training in Cognitive Behavior Therapy (CBT), followed by one year of CBT supervision. Each year, the course begins in October, and continues for 10 months until the following July. Trainees receive 10 hours of training per month (100 hours total each year).