

COGNITIVE BEHAVIOUR THERAPY (CBT) FACT SHEET

- Cognitive-behaviour therapy (CBT) has been found to be effective in treating a variety of clinical and non-clinical problems, including mood disorders, anxiety disorders, personality disorders, eating disorders, substance abuse disorders, and psychotic disorders. This form of therapy has been shown to be very effective for treatment of Social Anxiety.
- The therapy is based around helping you understand, manage and change your thoughts (cognitions) and actions (behaviour). It involves changing the way you think, feel and behave in situations.
- The most useful cognitive behavioural techniques include cognitive restructuring – challenging and changing false or distorted thoughts, ideas and beliefs to more realistic and helpful ones, graded exposure to feared situations, attention training and anxiety management techniques such as controlled breathing exercises.
- In cognitive oriented therapies, the objective is typically to identify and monitor thoughts, assumptions, beliefs and behaviors that are related and accompanied to debilitating negative emotions and to identify those which are dysfunctional, inaccurate, or simply unhelpful. This is done in an effort to replace or transcend them with more realistic and useful ones.

Source:

Macquarie University Anxiety Research Unit – <http://www.psy.mq.edu.au/MUARU/>