

# What is Cognitive Behavioral Therapy?

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‘Men are disturbed not by things, but by the view which they take of them.’

Epictetus, The Enchiridion

## What is Cognitive Behavioral Therapy?

Cognitive Behavioural Therapy, or CBT for short, is a form of psychotherapy which emphasizes changing the way we think about things and breaking negative thought patterns. Commonly called ‘the talking cure’, CBT is based on the idea that our thoughts impact our feelings and behaviour rather than external factors such as the individuals in our lives, or the situations and events we face. The benefit of this approach is that we can actually change the way we think in order to act and feel better about ourselves even if the people or situations in our life do not.

If, for example, you believe that your life has changed for the worse, this therapy will help you stop thinking that way. You learn to look more positively at yourself which will improve your mood and outlook on life.

The role of the Cognitive Behavioural Therapist is to learn what their clients hope to achieve and then help them realize their goals. The therapist's role is to listen, teach, and encourage, while the client's role is to express concerns, learn, and implement that learning.

## CBT in the Media

### Anxiety and Depression

<http://www.guardian.co.uk/society/2009/dec/04/jobless-therapy-talking-cbt-unemployment>

### Teenage Depression

<http://www.guardian.co.uk/education/2009/jan/25/schools-tackle-teenage-depression>

### Chronic Fatigue Syndrome

<http://health.nytimes.com/health/guides/disease/chronic-fatigue-syndrome/treatment.html>

### Insomnia

[http://www.macleans.ca/science/health/article.jsp?content=20060726\\_143731\\_4856](http://www.macleans.ca/science/health/article.jsp?content=20060726_143731_4856)

**KEY WORDS:** Anxiety, Depression, Psychotherapy, Anger, CBT, Cognitive Behavioural Therapy, Treatment

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Visit his website for more information [www.stephengiles.ca](http://www.stephengiles.ca)