

Cognitive Behavioral Therapy



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Cognitive-Behavioral Therapy (CBT) focuses on the causes of the patterns of negative thinking. For example, a person who is depressed may have the belief, "I'm worthless." A person with a phobia may have the belief, "I am in danger." These ideas take over all the thoughts of a person and interfere with a person's day to day life. With a therapist, the individual is encouraged to view these thoughts as hypotheses, not facts. They also test out those beliefs by running experiments. Those in distress are asked to keep track of and write down the thoughts that pop into their minds in order to help them see what patterns of biases in thinking exist so they can develop more positive alternatives to their thoughts.

Who can benefit from CBT?

Each CBT approach is different for each person and their mental illness. CBT has been useful for a people living with the following mental health disorder:

- mood disorders, most commonly depression
- anxiety disorders
- personality disorders
- eating disorders
- substance abuse disorders
- psychotic disorders

CBT can be used with medication, and other treatment methods,

CBT can be applied to many different mental health disorders and will be different for each. CBT's focus on thoughts and beliefs are applicable to a wide array of issues. Those who may receive CBT training include psychologists, psychiatrists, social workers, and psychiatric nurses. Those seeking treatment using a CBT approach should ask their therapist what CBT training they have had. If you are looking for treatment you can contact a Center for Cognitive Therapy (such as the Mayo Clinic) and request a referral in your location.