





# Cognitive Behavioral Therapy (CBT)







## Overview

In this treatment, you and your therapist talk about what you think and feel and how you act. It helps you cope with stressful situations. It's used to treat a wide range of mental health issues including depression, anxiety, eating disorders and more.

## What to Expect

This therapy is done with a series of sessions. Each one lasts about an hour. Sessions can be done oneon-one, or with a group. Let's look at a session. Your therapist talks with you about your concerns and your problems. You'll have to talk about some personal things. Be honest with your therapist. After all, you want to identify the problems, and explore how they make you think and feel. You'll talk about how you deal with problems, and ways you can do better. You'll learn to change how you think about your life so you can handle problems better.

### Focus

Unlike some other talk therapies, cognitive behavioral therapy doesn't focus on deep-rooted issues from your childhood. The therapist instead deals with your current problems and helps you find straightforward solutions. Between sessions, you will try the solutions in real life situations to see how they help.

# Conclusion

If you are having mental or emotional problems that are interfering with your life, cognitive behavioral therapy may help you. Talk to your healthcare provider to find a therapist in your area.

Actor portrayals in photos

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