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therapy is a
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helps people learn to assert more influence over their thoughts, behaviors, and feelings to effectively solve life's challenges. To appreciate how CBT works, it will be helpful to understand

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the core
components of
the CBT model:
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Introduction.

Based on the
principle that,
“thinking

controls
behavior”, the
term cognitive

behavior
management SM
includes:

cognition –
thinking (which,
of course is a

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behavior; albeit covert), behavior (usually meaning overt action), and management – the ability to cope with one's own or other's covert or overt behavior.

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behavioural
therapy (CBT) is
a psychological
therapy used to
treat a wide
range of
psychiatric
disorders. It is
both directive
and structured
and recognizes

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that people's emotions and behaviour are strongly linked to their thoughts. The four systems model (see Figure 1) illustrates this principle.

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to cognitive behavioural therapy for ...
Cognitive

behavioral therapy (CBT) is a common type of talk therapy (psychotherapy).

You work with a mental health counselor (psychotherapist or therapist) in

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a structured
way, attending a
limited number
of sessions. CBT
helps you become
aware of
inaccurate or
negative
thinking so you
can view
challenging
situations more
clearly and
respond to ...

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phrase cognitive-
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