

# What is CBT?



Cognitive Behavior Therapy (CBT) is a well-established, highly effective, and lasting treatment used to treat a wide range of issues in a person's life – from relationship problems, or difficulty sleeping to alcohol or drug abuse or anxiety and depression.



CBT is collaborative, short-term (and therefore cost-effective) and goal oriented psychotherapy treatment that offers a hands-on, practical approach to problem-solving. Your therapist acts like a coach teaching helpful strategies that you practice between sessions.

## How CBT Works...



CBT focuses on identifying, understanding, and changing thinking and behavior patterns that help change the way you feel.



Benefits are usually seen in 12 to 16 weeks, depending on the individual.



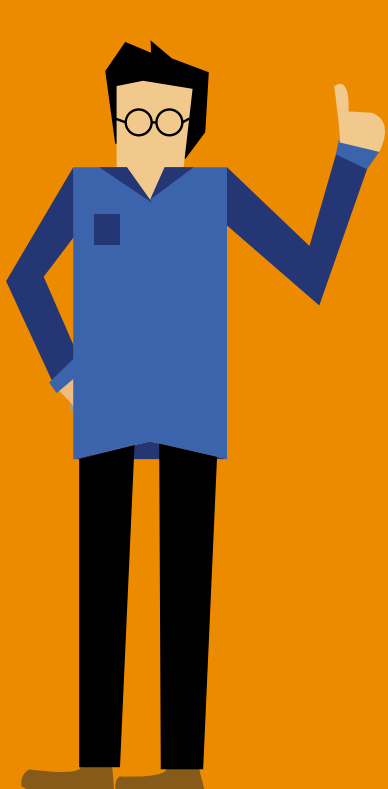
CBT empowers you. You are actively involved in your own recovery: you read, keep records between appointments, and complete homework assignments.



CBT provides a hands-on, practical approach to problem-solving.

## How CBT Helps...

Learn to control your thinking



Maintain a sense of control and self-confidence



Learn coping skills that are helpful throughout life

