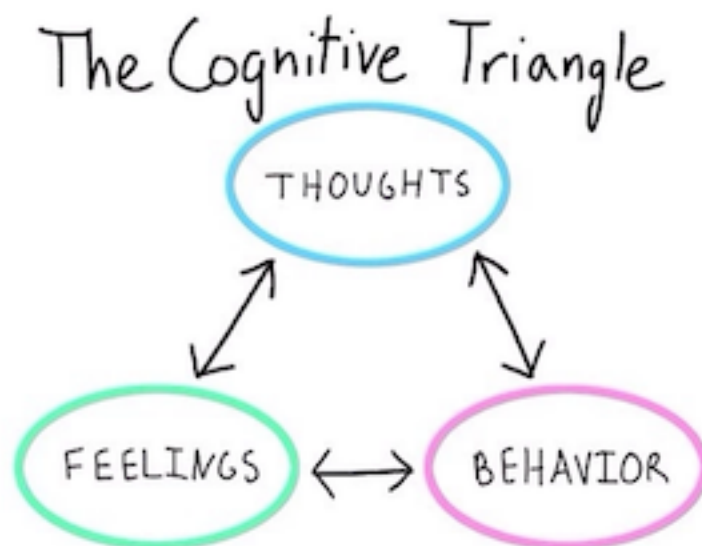




ALYSSA MOORE
COUNSELING

Cognitive Behavioral Therapy

Cognitive Behavioral Therapy, or CBT, is an evidenced based approach to therapy that has been found to be effective in treating a number of mental health issues. The corner stone of CBT is that our thoughts, feelings, and behaviors are all connected and impact each other, kind of like this:



We can intervene at different sides of the triangle to change the impact on the other areas. So for example, often times people who are depressed have a hard time getting out of bed (behavior), this leads to negative thoughts like "I'm lazy", "what a loser", or "I'm not addressing my responsibilities", and that leads to feelings of sadness or worthlessness.

We can intervene at the behavior by trying to make incremental changes in terms of getting out of bed and that can change some of the thoughts and feelings or we could choose to intervene at the thoughts and change some of the negative thinking which could improve mood and the person's ability to get out of bed.