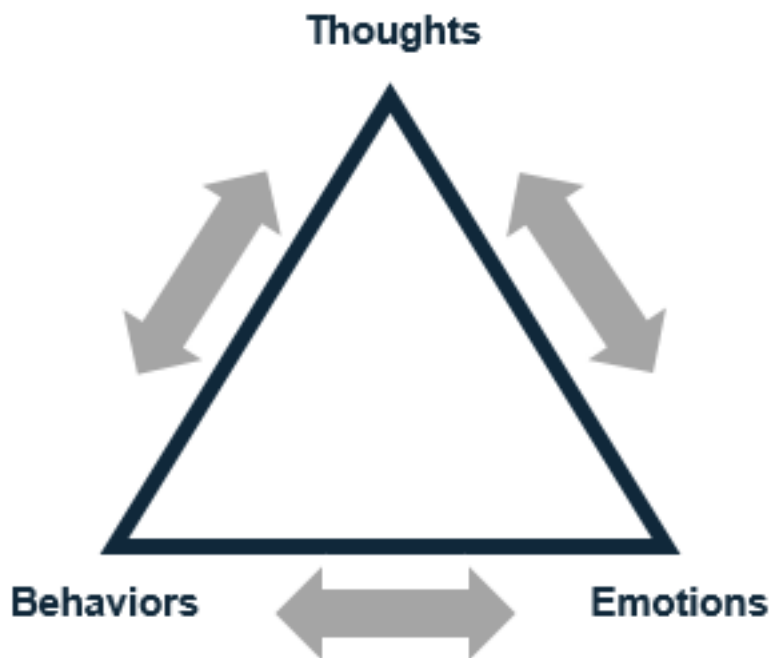


## Cognitive Behavioural Therapy

### What is Cognitive Behavioural Therapy (CBT)?

CBT is one of the few forms of talk-therapy that has been scientifically tested and found to be effective in hundreds of clinical trials for many different mental health disorders.

CBT involves looking at the link between a person's thoughts, feelings and actions, and how each may affect that person's perception and wellbeing.



### How does it work?

CBT helps the client identify and change unhelpful or unhealthy patterns of thinking, feeling and behaving. The idea is to show a person how their negative thinking affects their mood, and in turn impacts on their behaviours which may prevent them from achieving their goals or living a full life.

CBT involves learning practical self-help strategies for approaching challenges and problems in a more positive or adaptive way. These strategies include identifying distorted thinking patterns, modifying unhelpful beliefs and changing behaviours.

### Is CBT effective?

In the *beyondblue* Guide to What Works for Anxiety and Depression booklets, *beyondblue* have developed a 'thumbs up' rating system for various treatment approaches. These ratings are based on professional reviews of scientific literature. *beyondblue* reviewed the effectiveness of different treatment approaches in the categories of Psychological interventions, Medical interventions and Complementary and lifestyle interventions.

The Psychological intervention of CBT gained the highest rating or 3 thumbs up for:

- Anxiety disorders, including Generalised Anxiety Disorder (GAD), Post Traumatic Stress Disorder (PTSD), Social and Other phobias, Panic Disorder, Obsessive Compulsive Disorder (OCD)
- Depression

### Anxiety

<http://resources.beyondblue.org.au/prism/file?token=BL/0762>

### Depression

<https://das.bluestaronline.com.au/api/prism/document?token=BL/0556>