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

Ask Your Therapist if CBT Treatment is Right for You. Find at Therapist, Learn More About CBT and Other Treatments at: www.adaa.org