

# Cognitive Behavioral Therapy

## A Path to Change and Wellness

**Cognitive behavioral therapy** (CBT) is a [psychotherapeutic](#) approach that aims to resolve problems created by learned beliefs, dysfunctional emotions, behaviors and cognitions through a goal-oriented, systematic procedure. The title is used in diverse ways to designate [behavior therapy](#), [cognitive therapy](#), and to refer to therapy based upon a combination of basic [behavioral](#) and [cognitive](#) research.<sup>[1]</sup>

Cognitive-behavioral therapy is **evidence-based**, which means that it is supported by research that proves that it is effective in helping people make emotional and behavioral changes. Treatment is individualized, with specific technique-driven brief, direct, and time-limited treatments for specific psychological disorders. It is used in individual, family, as well as group settings, and clients learn how to use techniques outside of the therapy session.

CBT was primarily developed through a merging of [behavior therapy](#) with [cognitive therapy](#). While rooted in rather different theories, these two traditions found common ground in focusing on the "here and now", and on alleviating symptoms.<sup>[6]</sup> Many CBT treatment programs for specific disorders have been evaluated for [efficacy](#) and effectiveness; the health-care trend of [evidence-based treatment](#), where specific treatments for symptom-based diagnoses are recommended, has favored CBT over other approaches such as [psychodynamic](#) treatments.<sup>[5][7]</sup> In the United Kingdom, the [National Institute for Health and Clinical Excellence](#) recommends CBT as the treatment of choice for a number of [mental health](#) difficulties, including [post-traumatic stress disorder](#), [OCD](#), [bulimia nervosa](#) and [clinical depression](#), and for the neurological condition [chronic fatigue syndrome](#)/myalgic encephalomyelitis.<sup>[8]</sup> (Wikipedia)

**Note:** Cognitive behavioral therapy is a process in which clients are taught how to *restructure* the brain (by re-evaluating beliefs and thoughts), and with skill development, practice, and perseverance, gradually learn how to better manage emotions and behaviors and improve their lives..