

Educational Links (English):

- ❖ <http://www.rcpsych.ac.uk/healthadvice/treatmentswellbeing/cbt.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/youngpeople/cbt.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/treatmentswellbeing/psychotherapies.aspx>
- ❖ <https://www.beckinstitute.org/get-informed/what-is-cognitive-therapy/>
- ❖ <http://www.nacbt.org/whatiscbt-htm/>
- ❖ <http://www.nami.org/Learn-More/Treatment/Psychotherapy>

Lumos Psychiatric Services



Educational Booklet: Cognitive Behavioral Therapy (CBT)

Cognitive behavioral therapy is a speech therapy that can help you manage your problems by changing the way you think and behave. It is commonly used to treat anxiety and depression, but may be helpful for other mental and physical health problems.

How does Cognitive Behavioral Therapy work?

CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative feelings and thoughts can trap you in a vicious circle.

CBT aims to help deal with big problems in a more positive way, breaking them, into smaller parts. You're taught how to change these negative patterns to improve the way you feel.

Unlike other speech therapies, CBT addresses your current problems, rather than focusing on the problems of the past. Also look for practical ways to improve your mood on a daily basis.



6001 Vineland Road Suite 109, Orlando FL 32819
Phone: (407) 930-6684 / Fax: (949) 404-8433

Uses for Cognitive Behavioral Therapy:

- ❖ Anxiety
- ❖ Depression
- ❖ Obsessive-compulsive disorder
- ❖ Panic disorder
- ❖ Post-traumatic stress disorder
- ❖ Eating disorder such as anorexia and bulimia
- ❖ Sleep problems like insomnia
- ❖ Alcohol abuse issues
- ❖ Irritable bowel syndrome
- ❖ Chronic fatigue syndrome

Cognitive Behavioral Therapy has three stages:

- ❖ Psychological evaluation takes care of knowing the patient and understanding the problems for which it is consulted. If there is a diagnosis like Depression, Bipolarity or Social Phobia it is about finding it right now. Usually, what is discovered in these first interviews is explained to the patient, so that the patient begins to know his problem and gives us his point of view. Very important: during this phase, the patient and the therapist talk and agree on the objectives of the treatment and set the priorities of them.
- ❖ The treatment itself. This is when the techniques aimed at achieving the change that benefits the patient are applied, trying to achieve the achievements that were presented in the first stage. The techniques that are applied vary greatly depending on the problem, the patient and the time they are going through. In any case, the application of a procedure is always talked in advance with the patient.

- ❖ Follow-up, we space the frequency of consultations while we apply procedures aimed at maintaining changes and preventing relapses. When the goals are achieved and the change is consolidated, the patient is discharged.

Who is Cognitive Behavioral Therapy suitable for?

Cognitive behavioral therapy is appropriate for people seeking more structured and targeted intervention, who expect explicit guidance from the therapist. This may not be appropriate for some patients. Those who do not have a specific "matter" of behavior that they wish to attend to and whose goals for therapy are to find explanations that go back to the past. They could find better help in psychodynamic therapy, such as psychoanalysis, or in systemic therapy. Since the CBT only addresses specific issues, it does not address possible underlying causes, such as a child with difficulties.

In addition, due to the structured nature of cognitive behavioral therapy, it may not be appropriate for people with more complex psychological well-being or learning difficulties.

It may also be inappropriate for some severe psychotic patients and patients with organic brain damage or traumatic brain damage.

For questions or concerns, discuss it with your doctor.