

Cognitive Behavioural Therapy

Psychology

The model, the techniques, and what the evidence supports.

Educational reference on the therapeutic approach.

1

Formulation

A shared model of what maintains the problem now.

2

Identify automatic thoughts

Thought records capture them in the moment.

3

Examine the evidence

Not positive thinking — testing accuracy.

4

Behavioural experiments

Test the prediction in reality.

5

Relapse prevention

The client becomes their own therapist.

COMMON DISTORTIONS

All-or-nothing thinking

Catastrophising

Mind reading

Overgeneralisation

Discounting the positive

Educational reference. CBT has the largest evidence base for anxiety and depression, though effect sizes vary by condition.