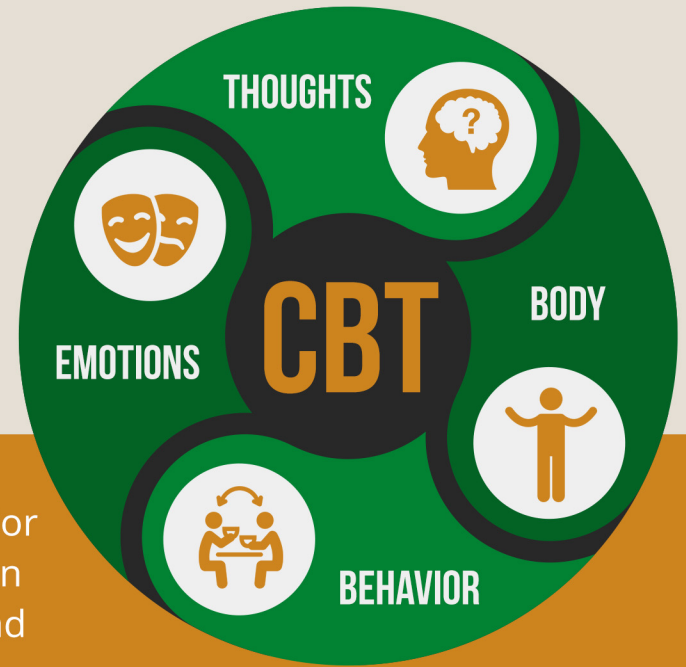


# BASICS OF COGNITIVE-BEHAVIORAL THERAPY

Cognitive-behavioral therapy (CBT) is one of the most widely used and evidenced based modalities of psychotherapy. Although CBT covers a large range of different techniques, there are some core elements that serve as a foundation.

CBT seeks to help a person through understanding how their inner world affects behavior

With mental health and substance use issues, the system of thoughts, emotions, the body, and behavior can become dysfunctional. When this happens, it can help to take concrete steps to identify, recognize, and manage the things that are causing the dysfunction.



## 3 PILLARS OF CBT



### IDENTIFICATION

The process of figuring out the thoughts, emotions, behaviors, body responses, etc. that are causing issues.



### RECOGNITION

In the moment awareness of thoughts, emotions, body responses, and behaviors so the person can practice new skills to replace old and unhelpful ones.




### MANAGEMENT


Utilizing skills and activities to help heal the body, change thoughts, alter behaviors, and manage emotions.

Disclaimer: All content on this infographic is for informational purposes only. It does not substitute for clinical treatment or advice. If you, a friend, or a family member is struggling with mental health and/or addiction issues please call our main office at 952-926-2526. For emergencies, go to your nearest emergency room and/or dial 911.



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