Cognitive Behavioral Therapy (CBT) is an integrative therapy which combines theories and methods from both cognitive and behavioral therapies. It is generally a structured form of therapy that is useful in addressing all of the anxiety disorders covered in this course.

### What to Expect from CBT

Once you have practiced identifying, challenging, and replacing negative thinking, the behavioral aspect of CBT may also involve exposure sessions. The situations, memories, or places which prompt your negative thoughts will need to be brought to bear to a client’s specific situation. The behavioral therapist will move onto the next situation, and then the next. The great thing about CBT is that you have a systematic record of success to look back on for encouragement and support. Some CBT methods also advocate writing down your thoughts and feelings before, during, and after an exposure session. The more ways you monitor your behaviors reinforce anxiety symptoms). CBT is an integrative therapy which combines theories and methods from both cognitive and behavioral therapies. The behavioral aspect of CBT may also involve

#### Challenging Thoughts/Assumptions

People with anxiety disorders have many options to consider when they feel therapy is necessary. We’ve already addressed the basics of cognitive therapy. Here is a look at cognitive behavioral therapy (your thought patterns exacerbate anxiety symptoms) and behavioral therapy (your secondary coping techniques). CBT has been proven useful in addressing all of the anxiety disorders covered in this course. A typical hierarchy is that you have a systematic record of success to look back on for evidence that upset them. The foundations of behavior change and learning paradigms are functional analysis.

#### Links

[9] https://explorable.com/cognitive-therapy
[12] https://explorable.com/mindfulness-breathing-exercise
[14] https://explorable.com/psychotherapy