



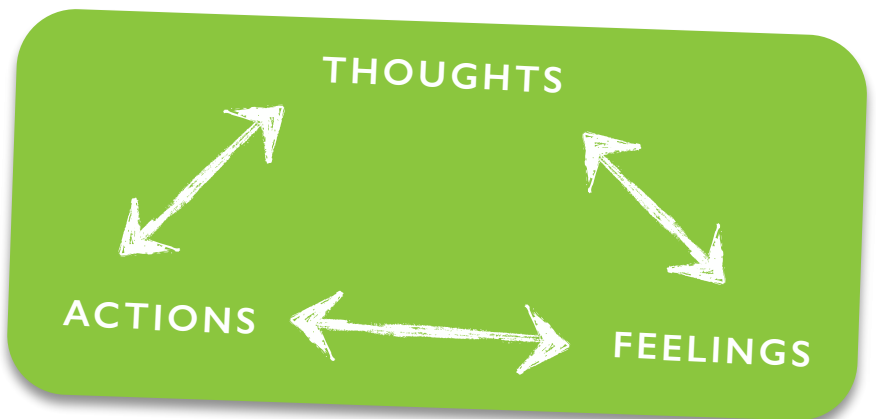
UNDERSTANDING COGNITIVE BEHAVIOURAL THERAPY

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WHAT IS COGNITIVE BEHAVIOURAL THERAPY?

Cognitive Behavioural Therapy (CBT) is an evidence-based approach to treatment that focuses on how people's thoughts, emotions, and beliefs influence their behaviour and how they perceive themselves, others, and the world. CBT is the main treatment modality used by Psychologist, Dr. Kate Aubrey, at her child and adolescent psychology practice.



HOW DOES CBT WORK?

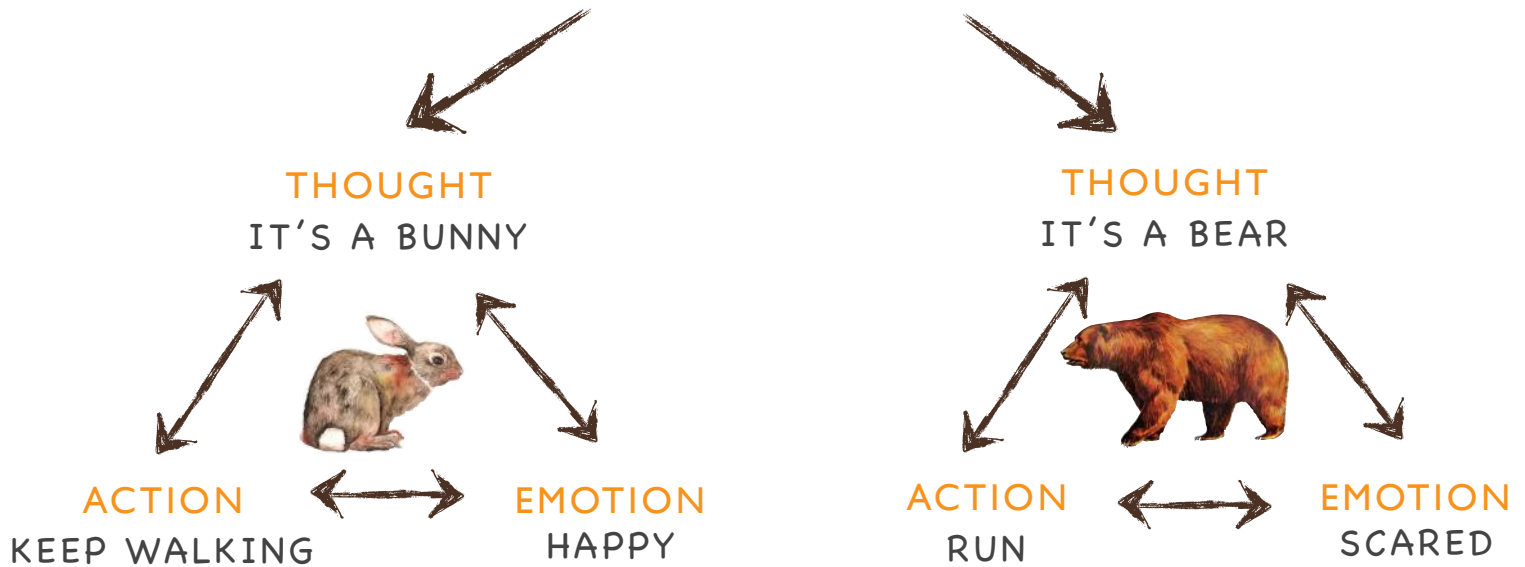
CBT helps improve a child's moods, anxiety and behaviour by examining confused or **distorted patterns of thinking** and **maladaptive behaviour**. Dr. Aubrey teaches children that thoughts cause feelings and moods which can influence behaviour. During CBT, a child learns to identify harmful thought patterns, then replace this thinking with thoughts that result in more positive feelings and behaviours. Children are also taught replace destructive and maladaptive behaviours with actions that are more conducive to wellness.



THE POWER OF THOUGHTS

Humans have about 70,000 thoughts a day! Consider the below two scenarios to understand how thoughts can influence emotions and behaviours.

HEAR A TWIG SNAP IN THE WOODS



REMEMBER: One thing to notice in these two examples is that the situation did not change: but if you change your thoughts, then your feelings and actions change as well.

CHANGING MALADAPTIVE BEHAVIOURS

In addition to understanding and changing thoughts, a major goal of CBT is to replace maladaptive behaviours with more appropriate behaviours. Dr. Aubrey helps children understand how changing their behaviour can lead to changes in how they are feeling. The goal is usually focused on increasing the child's engagement in positive or socially reinforcing activities. For example, if a child is easily embarrassed they will avoid taking risks, such as talking to new people. Facing fears and engaging in behaviours that are outside of a child's comfort zone is a major goal of CBT.

KEY POINTS TO REMEMBER:

1. CBT is based on research - so we know it works!
2. CBT teaches your child new ways of thinking and behaving.
3. Thoughts, feelings, and behaviours are inter-connected, so if you change one, it has an effect on the other two.
4. Changing emotions is difficult - but if you change the way you think and behave, you can also change the way you feel.

