



Cognitive-Behavioural Therapy: An Information Guide

Neil A. Rector

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Cognitive-Behavioural Therapy (CBT) is widely recommended as a first-line treatment for a wide variety of emotional problems, including depression and anxiety. CBT works on the basic assumption that the way people think can contribute to their emotional problems. In CBT, people learn to identify, question and change patterns of thinking that contribute to emotional distress—to see thoughts as ideas rather than as facts, and to “stand back” from their thoughts and consider situations from different points of view. People also learn to change behaviours related to negative moods. CBT is a short-term, practical and goal-oriented therapy that teaches people to become their own therapists.

Cognitive-Behavioural Therapy: An Information Guide:

- • describes how CBT was developed, what it is, how it works and what conditions it can treat
- • explains the rationale behind CBT
- • introduces the process and strategies used in the therapy
- • answers common questions about CBT, such as how to find a therapist and what to expect in treatment from the first to last session
- • introduces alternative cognitive-behavioural approaches such as mindfulness
- • lists further resources, in print and online.

This guide is a brief, easy-to-read introduction for people who are considering or starting out in CBT, for family members and friends who would like to know more about the treatment, and for anyone else with an interest in CBT.

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