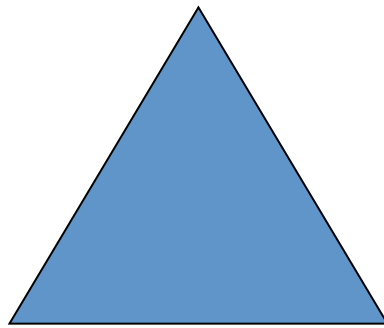


# What is Cognitive-Behavioral Therapy?

Cognitive-Behavioral Therapy (CBT) is a short-term, **evidence-based** treatment for many problems, including depression. It is based on science that shows that thoughts (cognitions) and behaviors (actions, choices) affect the way we feel (emotions).

Emotions (feelings)



Thoughts (cognitions)

Behaviors (actions, choices)

## **We want to be sure that our treatments are effective!**

**Evidence-based** means that there is scientific evidence to show that something works.

CBT is an evidence-based treatment that has been studied and shown to be effective in hundreds of scientific experiments.

While there is not a 100% guarantee that CBT will work for you, it is likely that with practice and hard work you will receive benefit from these techniques.