

Cognitive Behavioral Therapy (CBT)

CBT is a type of time-limited therapy based on the concept that thoughts, behaviors, and feelings all affect each other and that by changing our thoughts and behaviors, we can change how we feel. It is often the first choice for children and teens with depression, which ranges from 6-20 sessions. It is the psychotherapy with the most evidence for treatment of childhood anxiety disorders. It consists of five main parts:

1. Psychoeducation of kid and parents about anxiety disorders and CBT
2. Somatic management skills training
3. Cognitive restructuring
4. Exposures
5. Relapse prevention plans

Cbt Practice Guidelines

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Drake**



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