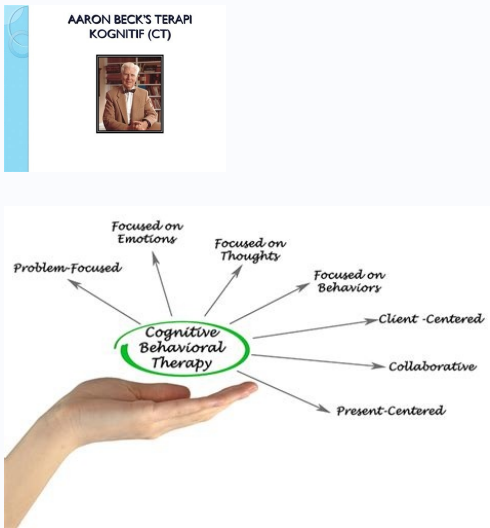


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#### Cognitive Behavior Therapy

Developed by Dr. Aaron T. Beck, Cognitive Therapy (CT), or Cognitive Behavior Therapy (CBT), is a form of psychotherapy in which the therapist and the client work together as a team to identify and solve problems. Therapists use the Cognitive Model to help clients overcome their difficulties by changing their thinking, behavior, and emotional responses. Cognitive therapy has been found to be effective in more than 1000 outcome studies for a myriad of psychiatric disorders, including depression, anxiety disorders, eating disorders, and substance abuse, among others, and it is currently being tested for personality disorders. It has also been demonstrated to be effective as an adjunctive treatment to medication for serious mental disorders such as bipolar disorder and schizophrenia. Cognitive therapy has been extended to and studied for adolescents and children, couples, and families. Its efficacy has also been established in the treatment of certain medical disorders, such as irritable bowel syndrome, chronic fatigue syndrome, hypertension, fibromyalgia, post-myocardial infarction depression, noncardiac chest pain, cancer, diabetes, migraine, and other chronic pain disorders.

Cognitive Therapy (CT), or Cognitive Behavior Therapy (CBT) was pioneered by Dr. Aaron T. Beck in the 1960s, while he was a psychiatrist at the University of Pennsylvania. Having studied and practiced psychoanalysis, Dr. Beck designed and carried out several experiments to test psychoanalytic concepts of depression. Fully expecting the research would validate these fundamental concepts, he was surprised to find the opposite.

#### A new concept of depression: automatic thoughts

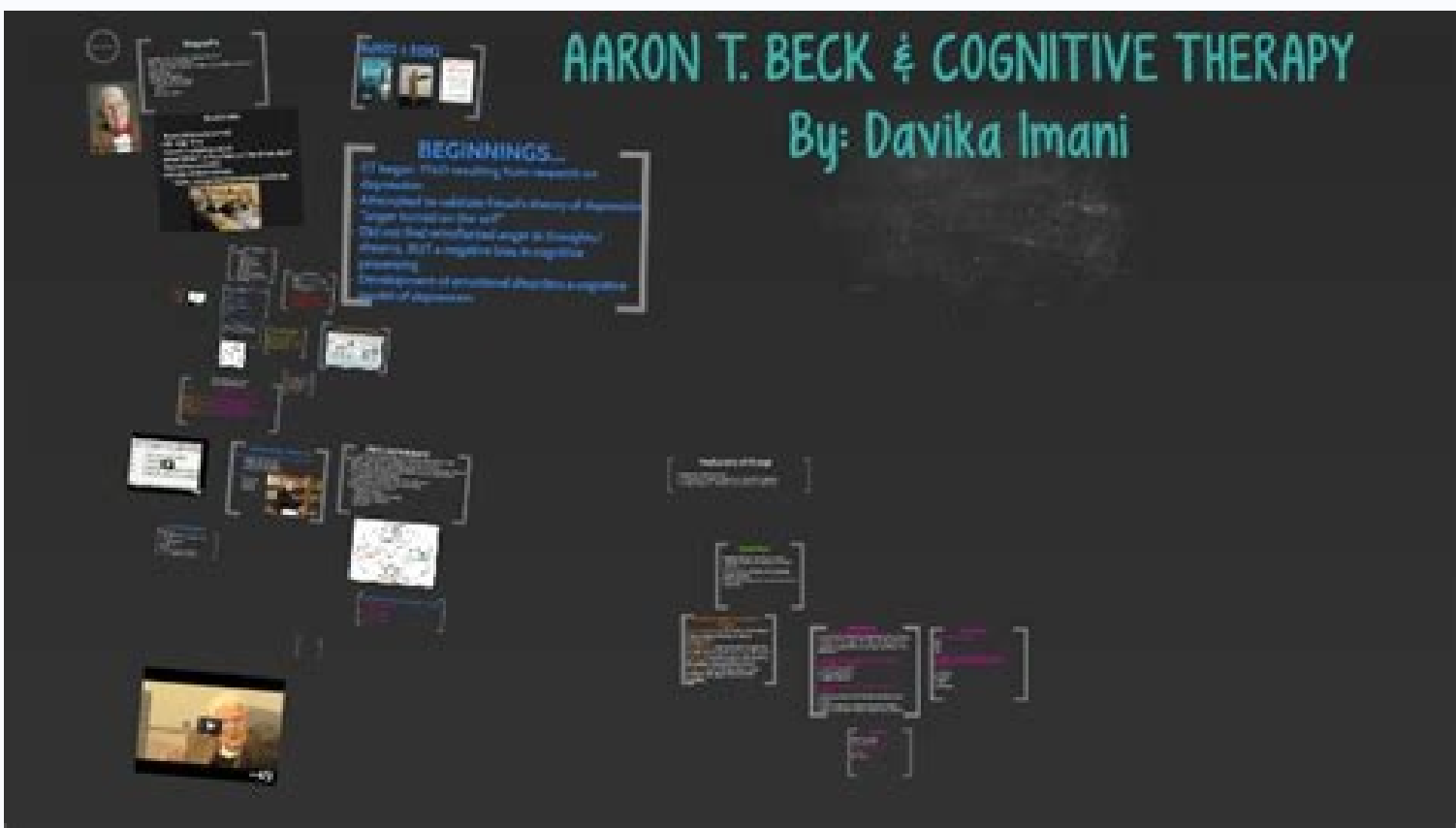
As a result of his findings, Dr. Beck began to look for other ways of conceptualizing depression. He found that depressed patients experienced streams of negative thoughts that seemed to arise spontaneously. He called these cognitions "automatic thoughts." He found that the patients' automatic thoughts fell into three categories. The patients had negative ideas about themselves, the world and/or the future.

#### A new clinical approach

Dr. Beck began helping patients identify and evaluate these automatic thoughts. He found that by doing so, patients were able to think more realistically. As a result, they felt better emotionally and were able to behave more functionally. When patients changed their underlying beliefs about themselves, their world and other people, therapy resulted in long-lasting change. Dr. Beck called this approach "cognitive therapy." It has also become known as "cognitive behavior therapy."

#### The future of cognitive therapy

In the years since its introduction, CT has been studied and proven effective in treating a wide variety of disorders. More than 500 studies have demonstrated its efficacy for psychiatric disorders, psychological problems and medical problems with a psychiatric component. Today, research continues into cognitive therapies for suicide prevention, and schizophrenia and other psychopathologies. In addition, ongoing research is being conducted to measure the impact of city



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