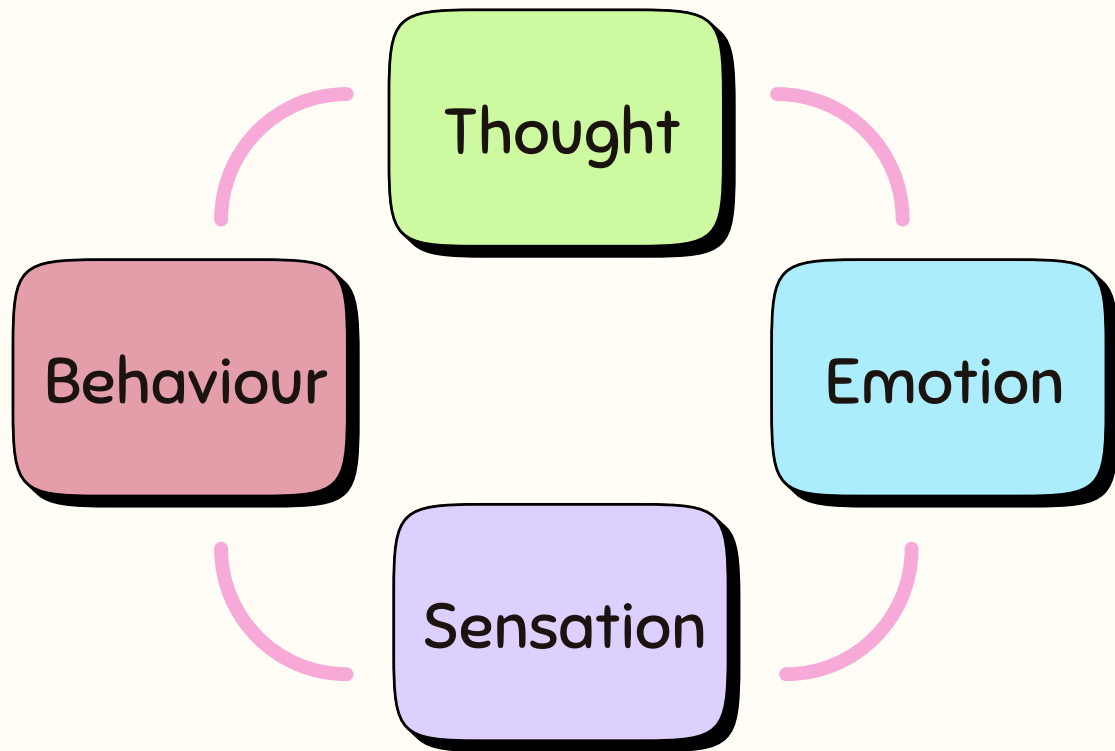


CBT

Cognitive behavioural therapy (CBT) is a form of talking therapy. The premise of CBT is that our feelings, thoughts and behaviours are all related and all have an impact on each other.



CBT aims to identify negative thinking or behaviour patterns and replace them with more helpful thoughts and behaviours.

Unlike some talking therapies, CBT focuses on current issues rather than exploring past experiences.

CBT is often used for issues such as anxiety, depression and OCD.

CBT can be beneficial for neurodivergent individuals, but it should be used with caution and may need to be adapted. Without appropriate adaptations, CBT can be overwhelming or invalidating. It may inadvertently encourage masking and may disregard genuine needs (such as sensory processing differences).