



# Cognitive Behavioral Therapy: CBT - For: OCD, PSTD, Depression & Anxiety

*Carol Franklin*

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## **Cognitive Behavioral Therapy: CBT - For: OCD, PTSD, Depression & Anxiety** Carol Franklin

You may have heard of the term Cognitive Behavioral Therapy, you may be about to undergo a course of treatment or know someone who is. Alternatively you may have just heard the term in passing, at work or even in a social setting. It is one of the most popular therapies which deal with a variety of physical, emotional and general illnesses. Although it is commonly associated with mental disorders, this is due to the fact that the therapy was originally devised in the middle of the twentieth century to deal with incidents of depression. In fact, it was quickly noted that the therapy was extremely effective at treating all sorts of conditions. The basic premise behind CBT is to influence the way someone behaves emotionally and physically by changing the way they think and view the world around them. Of course, it is a little more complex than that! This book introduces you to CBT and what it is and how it can be of benefit to a variety of people. It looks at the procedures involved in diagnosing a disorder and being referred to CBT therapy and what procedures will take place during your therapy. Also included is a look at the most common conditions which can be treated by CBT; these include how it can be used to treat people with OCD, Anxiety disorder and PTSD. In order to prepare you or your loved one for their treatment this book will guide you through the procedures for your first visit and the subsequent sessions. As with any treatment method there are advantages and disadvantages to its use; this book takes a look at the main advantages and disadvantages of CBT and will also enlighten you with several tips regarding how to get the most out of your treatment. CBT is a well established treatment method and can be of great benefit to anyone, whether suffering from an illness or not!

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