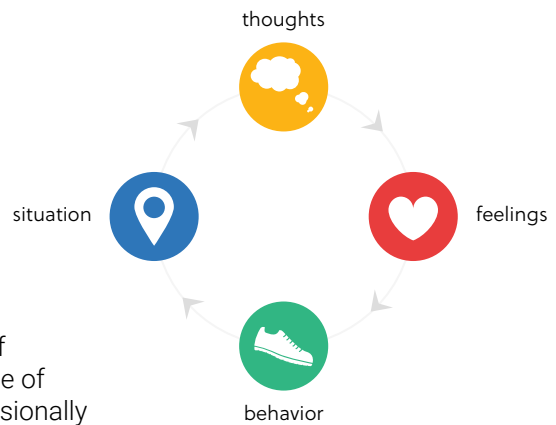


What is CBT?

CBT, or cognitive behavioral theory, is a method for understanding our behavior. CBT maps how our thoughts impact our feelings which impact our actions. In other words, our heads, hearts, and hands are all connected! This connection influences not only how we see ourselves and the world around us, but also how we choose to behave.

Students face stressful situations every day. When this happens, their brains and bodies are wired to find quick relief from stress. These strategies can be helpful (breaking a cycle of negative thoughts), or unhelpful (continuing the cycle). Occasionally students get “stuck” in unhelpful loops that bring additional challenges at home and school.

CBT helps those feeling “a little stuck” by teaching them to notice this cycle and interrupt it with learned skills that can improve their thoughts, feelings, and behaviors.



Within CBT, there are five main areas of learning

Psychoeducation (learning about feelings)

Students learn how their thoughts, feelings, and behaviors are connected. They learn about signs of depression and anxiety (the body's response to extended periods of stress), and that they are not alone in the way they feel, and that things can get better.

Cognitive Coping (learning about thoughts)

Students can have unhelpful thoughts, and these thoughts can cause unhelpful behaviors. Students learn to “catch” these thoughts and shape them into something more helpful. As they begin to think differently, they feel differently, and behave differently.

Relaxation and Mindfulness (learning to be in the moment)

Students learn the ways that stress makes their bodies uncomfortable. They also learn skills to focus and relax so that they can start to think in more helpful ways and make helpful choices.

Behavioral Activation (learning to get active)

When a body feels stress for long periods of time, a person may not want to do things that they used to enjoy doing like playing or spending time with friends. Students learn skills to be active and social.

Exposure (learning to face our fears)

Being “stuck” can leave students feeling nervous, or overwhelmed to the point that they may avoid situations that are important (such as completing homework or going to school). Students learn skills that help them do important things even when they feel uncomfortable or scared.