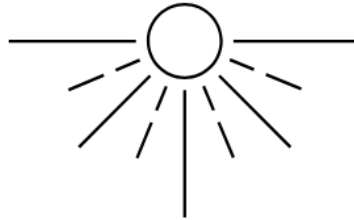




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

What is CBT?

Cognitive Behavioral Therapy

Explore the connection between thoughts, feelings, and actions.



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[THEHOLISTICCOUNSELOR.COM/RESOURCE](https://theholisticcounselor.com/resource)

A little clarity.

Understand the topic. Find words for your questions.

Have you noticed how one quick thought can change the way you respond to a whole situation? This approach helps people slow down and examine those patterns.

1 A practical approach

Cognitive behavioral therapy explores links between thoughts, feelings, and actions. Work may include checking an interpretation, changing an unhelpful pattern, or practicing a skill between sessions.

2 Use an ordinary example

You send a message and get no reply. "They must be upset with me" is one explanation, but not the only one. You might explore what you know, what you are guessing, and what response would be helpful. Real harm and unfair conditions should not be dismissed as faulty thinking.

3 Choose goals together

Sessions are usually collaborative and structured. Ask how the work would fit your culture, health, daily demands, and reasons for seeking care.

Research & perspective

Research supports this approach for several conditions, including anxiety and depression. Different concerns need different methods. It is more than positive thinking, and it is not the best fit for every person.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 In a small recent situation, what did I notice and what did I assume?

2 How did my response affect what happened next?

3 What question would help me consider another explanation?

One next step

Bring one everyday example to a clinician. You do not have to challenge a traumatic memory or talk yourself out of valid feelings.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ What form of cognitive behavioral therapy would you use for my concern?
- ☐ How do you adapt practice tasks to a client's life?
- ☐ How will we tell whether it is helping?

Listen with curiosity

[Episode 91 - Dr. Lisa Napolitano compares cognitive behavioral therapy and dialectical behavior therapy.](#)

[Episode 69 - Dr. Staci Weiner discusses cognitive behavioral therapy within family and assessment work.](#)

[Episode 125 - Explore thought patterns in a conversation about divorce recovery.](#)

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[National Health Service: Cognitive behavioral therapy](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

NEED SUPPORT NOW?

United States and territories: the 988 Suicide & Crisis Lifeline supports people in emotional distress or a suicidal crisis. [Call 988](#) · [Text 988](#) · [Chat online](#)

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