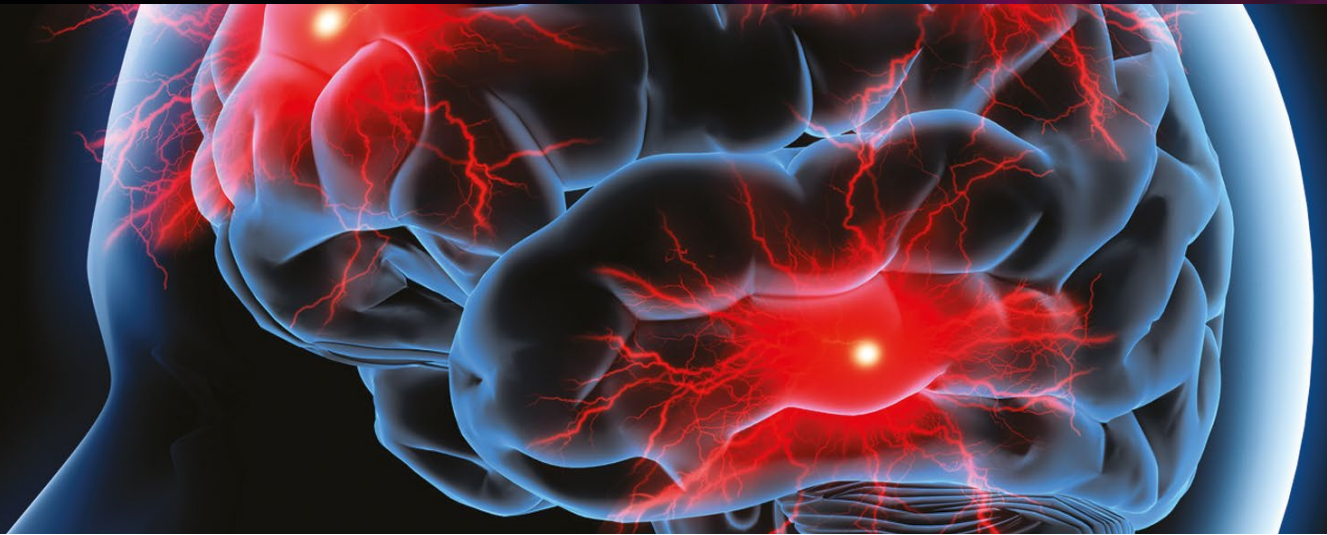


COGNITIVE BEHAVIOURAL THERAPY



Product Syllabus:

- What is Cognitive Behavioural Therapy?
- How thoughts affect feelings
- What CBT treats
- Depression
- Anxiety
- Anger management
- Physical symptoms of emotional problems
- What CBT does
- Negative Automatic Thoughts
- Core beliefs
- Thinking errors
- What happens in a CBT session
- Number and frequency of sessions
- First sessions
- Initial assessments
- Identifying goals
- Keeping records
- Homework assignments
- Head-to-heart problem
- Learning to think differently
- Coping with relapse
- Effectiveness

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