



Spokane Holistic
Healing

Spokane Holistic Healing Client Handout

Cognitive Behavioral Therapy Information

Cognitive Behavioral Therapy (CBT) is a widely used, evidence-based approach to treating various mental health conditions. Here are some of its key benefits:

1. Effectiveness in Treating Mental Health Conditions

- **Depression & Anxiety Disorders:** CBT helps individuals recognize and change negative thought patterns that contribute to these conditions.
- **PTSD & Trauma:** It aids in processing and reframing traumatic experiences.
- **OCD & Phobias:** CBT techniques, such as exposure therapy, help individuals confront fears in a controlled manner.

2. Focuses on Practical Skills & Coping Strategies

- CBT teaches individuals how to manage stress, challenge irrational thoughts, and develop healthier behaviors.
- It provides tools that can be used long-term, even after therapy ends.

3. Short-Term & Goal-Oriented

- Unlike some other forms of therapy, CBT is often structured and time-limited (typically 12-20 sessions).
- It focuses on specific problems and measurable goals.

4. Helps Change Negative Thought Patterns

- CBT identifies distorted thinking (e.g., catastrophizing, all-or-nothing thinking) and replaces it with more balanced perspectives.

5. Can Be Used for Various Issues Beyond Mental Illness

- Helpful for **stress management**, **anger issues**, **sleep disorders**, and even **chronic pain management**.
- Useful in improving **self-esteem**, **relationships**, and **decision-making**.



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6. Encourages Self-Empowerment

- CBT emphasizes self-awareness and self-reliance, helping individuals take control of their thoughts, emotions, and behaviors.

7. Supported by Research & Adaptable

- CBT is one of the most researched therapy methods with strong scientific backing.
- Can be adapted for different formats (individual, group therapy, online therapy).