

WHAT IS COGNITIVE BEHAVIORAL THERAPY (CBT) FOR CHILDREN?



Evidence-based therapy that helps children understand their thoughts, feelings, and behaviors—so they can feel better and thrive.



THE MAIN IDEA

CBT is based on the connection between **thoughts**, **feelings**, and **behaviors**.



THOUGHTS

What we
think



FEELINGS

What we
feel



BEHAVIORS

What we
do

When children change unhelpful thoughts, they can feel better and make more positive choices.



HOW CBT WORKS FOR CHILDREN

CBT is interactive, engaging, and age-appropriate. Therapists use fun activities to help children learn and practice new skills.



Games &
Activities



Art &
Drawing



Stories &
Books



Role-Playing



Relaxation &
Mindfulness



Problem-
Solving

These tools help children understand big emotions, challenge unhelpful thinking, and practice skills they can use in everyday life.

WHAT CAN CBT HELP WITH?

- Anxiety and worry
- Depression
- Emotional regulation
- Low self-esteem
- School stress
- Social anxiety
- Anger management
- Obsessive-compulsive symptoms (OCD)
- Coping with life changes



SKILLS CHILDREN LEARN

- ✓ Identify and label emotions
- ✓ Recognize "thinking traps"
- ✓ Challenge unhelpful thoughts
- ✓ Solve problems effectively
- ✓ Manage anxiety
- ✓ Calm their bodies
- ✓ Build confidence
- ✓ Use healthy coping strategies
- ✓ Build resilience



PARENTS ARE IMPORTANT!

Caregiver involvement helps children practice skills at home and use them in real-life situations. Together, we create lasting change.



DOES CBT WORK?

Yes! Research shows CBT is one of the most effective, evidence-based therapies for children. It teaches lifelong skills that support good mental health now and in the future.



READY TO LEARN MORE?

If your child is struggling, we're here to help. Contact us today to schedule a consultation.



SUPPORTING CHILDREN.
EMPOWERING FAMILIES.