

Download Cognitive Behavioural Therapy An Effective Treatment For Depression

Cognitive behavioural therapy (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave. It's most commonly used to treat anxiety and depression, but can be useful for other mental and physical health problems. This information is for anyone who wants to know more about Cognitive Behavioural Therapy (CBT). It discusses how it works, why it is used, its effects, its side-effects, and alternative treatments. Cognitive Behavioural therapy has served as a powerful and effective tool in combating issues such as depression, anxiety, phobias, overeating, anger and relationship issues. Cognitive Therapy for Depression. Psychological treatment of depression (psychotherapy) can assist the depressed individual in several ways. First, supportive counseling helps ease the pain of depression, and addresses the feelings of hopelessness that accompany depression.