

Cognitive behavioral therapy (CBT) is an evidenced-based psychotherapy often used to treat depression and anxiety. In brief, CBT is a proven type of talk therapy that focuses on helping you change your behavior and thoughts to positively affect your mental health. It is based on the idea that it is not the situation that determines how I feel; it is my thoughts about the situation that determine my response. It is our beliefs, interpretations, attribution, evaluations, and mental judgments that make us feel the way we feel. Dr. Stanley Hibbs Ph.D shares a perfect example of this.

It is Sunday afternoon and John is relaxing at home. Out of nowhere his wife asks him, "What are your plans for today?" John's emotional reaction to that question will depend solely on how he interprets it. If his thought is "She has some chore for me that I don't want to do," he is likely to feel a mixture of annoyance and subtle guilt because he knows that he should probably be doing something productive. However, if his thought is "Maybe she has something fun planned or she is just curious," then his feelings will be more positive. It might be that he'll have both thoughts, so his feelings will be mixed. In any case, it is ultimately how he interprets her question that determines how he feels.

CBT is focused, structured, goal oriented approach to overcoming your anxiety. This form of therapy uses therapy homework, teaching and practicing of skills, measuring or monitoring of symptoms. You don't have to allow anxiety to control you and prevent you from enjoying life to the fullest.

Mey Saephan is trained by Dr. Stanley Hibbs, Ph.D. If you would like more information about treatment for anxiety you may go to <http://www.drhibbs.com/index.php>.