

## Ten Basic Principles of CBT

1. Cognitive behavior therapy is based on an ever-evolving formulation of patients' problems and an individual conceptualization of each patient in cognitive terms.
2. Cognitive behavior therapy requires a sound therapeutic alliance.
3. Cognitive behavior therapy emphasizes collaboration and active participation.
4. Cognitive behavior therapy is goal oriented and problem focused.
5. Cognitive behavior therapy initially emphasises the present.
6. Cognitive behavior therapy is educative, aims to teach the patient to be her own therapist, and emphasizes relapse prevention.
7. Cognitive behavior therapy aims to be time limited.
8. Cognitive behavior therapy sessions are structured.
9. Cognitive behavior therapy teaches patients to identify, evaluate, and respond to their dysfunctional thoughts and beliefs.
10. Cognitive behavior therapy uses a variety of techniques to change thinking, mood, and behavior.

*From the first chapter of Cognitive Behavior Therapy: Basics & Beyond (Guilford Press, 2nd Edition, 2011) by Judith S. Beck.*