

# Information Handout

Professional Version | US English

# Overview Of CBT



---

## Description

---

*Overview Of CBT* is a simple explanation of how early experiences shape our core beliefs which, in turn, affect how we make sense of situations in the here-and-now.

---

## Instructions

---

This is a Psychology Tools information handout.

Suggested uses include:

- Client handout – use as a psychoeducation resource.
  - Discussion point – use to provoke a discussion and explore client beliefs.
  - Therapist learning tool – improve your familiarity with a psychological construct.
  - Teaching resource – use as a learning tool during training.
- 

## References

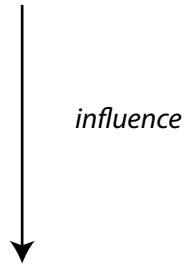
---

Beck, A. T. (Ed.). (1979). *Cognitive therapy of depression*. Guilford press.

# Overview Of Cognitive Behavioral Therapy (CBT)

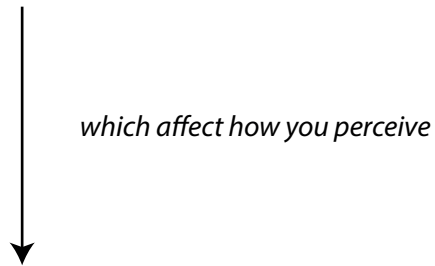
What we think, feel, and do in the present is influenced by what happened to us earlier in our lives.

## Your early experiences

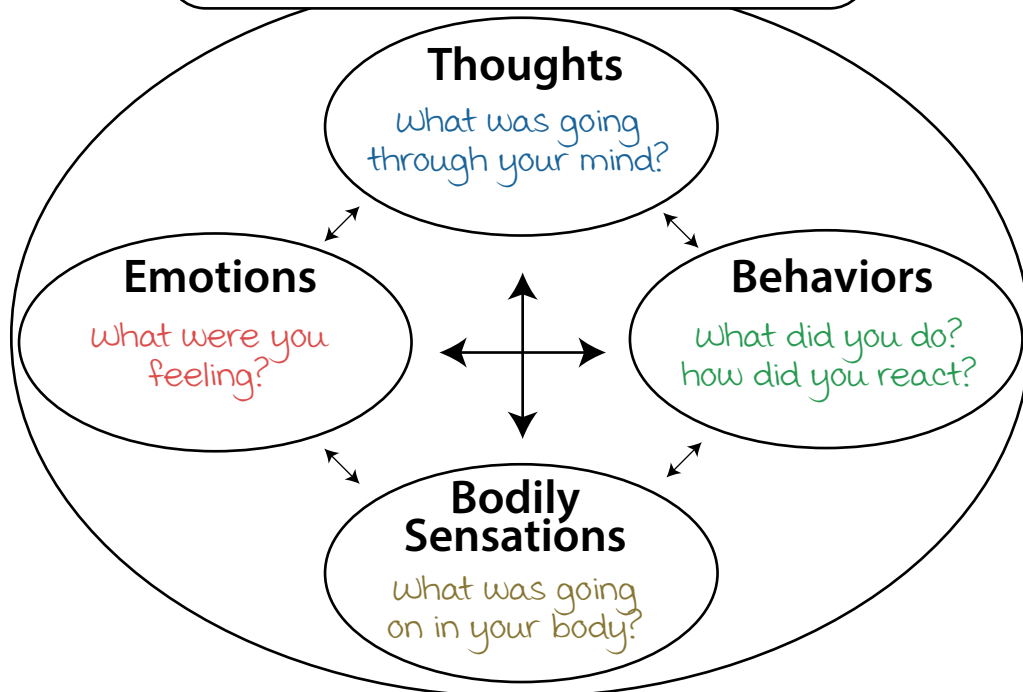


## The development of your beliefs about:

- Yourself
- The world
- Your future



## Situations In The Here-And-Now



Psychology Tools develops and publishes evidence-based psychotherapy resources. We support mental health professionals to deliver effective therapy, whatever their theoretical orientation or level of experience.

Our digital library encompasses information handouts, worksheets, workbooks, exercises, guides, and audio skills-development resources.

Our tools are flexible enough to be used both in-session and between-session, and during all stages of assessment, formulation, and intervention. Written by highly qualified clinicians and academics, materials are available in digital and printable formats across a wide range of languages.



**Resource details**

Title: Overview Of CBT  
 Type: Information Handout  
 Language: English (US)  
 Translated title: Overview Of CBT

URL: <https://www.psychologytools.com/resource/overview-of-cbt>  
 Resource format: Professional  
 Version: 20230721  
 Last updated by: JP

**Terms & conditions**

This resource may be used by licensed members of Psychology Tools and their clients. Resources must be used in accordance with our terms and conditions which can be found at: <https://www.psychologytools.com/terms-and-conditions/>

**Disclaimer**

Your use of this resource is not intended to be, and should not be relied on, as a substitute for professional medical advice, diagnosis, or treatment. If you are suffering from any mental health issues we recommend that you seek formal medical advice before using these resources. We make no warranties that this information is correct, complete, reliable or suitable for any purpose. As a professional user, you should work within the bounds of your own competencies, using your own skill and knowledge, and therefore the resources should be used to support good practice, not to replace it.

**Copyright**

Unless otherwise stated, this resource is Copyright © 2023 Psychology Tools Limited. All rights reserved.