

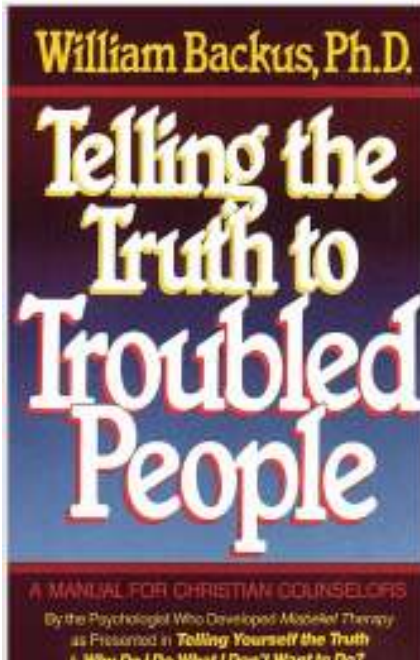
# What Is Cognitive Behavioral Therapy?

Cognitive-behavioral therapy (CBT) is a form of psychotherapy that treats problems and boosts happiness by modifying dysfunctional emotions, behaviors, and thoughts.

Unlike traditional Freudian psychoanalysis, which probes childhood wounds to get at the root causes of conflict, CBT focuses on solutions, encouraging patients to challenge distorted cognitions and change destructive patterns of behavior.

Christians call this renewing the mind and repentance from sin.

Telling the truth to troubled people – book by William Backus



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