

# CLINIC SERVICES

## COGNITIVE BEHAVIORAL THERAPY (CBT)



### What is Cognitive Behavioral Therapy?

Cognitive Behavioral Therapy is developed on the understanding that psychological issues often have a cognitive component (“unhelpful thinking”) and a behavioral component (“unhelpful action”). CBT helps people understand their own existing habits, and uses various tools to deal with issues in a more positive way. It is based on the concept that thoughts, feelings, physical well-being, and actions are interconnected, and negative thoughts and feelings can create a vicious cycle. CBT is the most widely used and well researched therapeutic model in the world today.

### Who benefits from CBT?

Anyone who wants to make tangible changes in their lives, in a relatively short period of time, or anyone who needs to work on a specific problematic issue, such as anxiety, depression, or other mental health conditions.

### What does CBT consist of?

The client and the specialist talk together in a safe environment to explore the client's thoughts, feelings, concerns, memories, histories, and so on. Both painful and happy events will be discussed in order to establish a more complete understanding of the client and their needs. The therapist will help the clients to understand the links between thoughts, feeling, behaviors, and the social/physical environment. Guided by the therapist, the client will discover unhelpful patterns, both psychologically and behaviorally. Using various interventions and homework, the client will develop patterns which are more useful and adaptive.

### What can CBT help with?

- Behavioral problems (at home, school, or work)
- Anxiety, fears or phobias
- Inappropriate anger or aggression
- Symptoms of depression
- Trauma
- Eating disorders
- Sleep problems
- Addiction issues
- Attention problems
- Relationship issues

### What is the first step?

When you contact us, our Intake Specialist will discuss your needs and concerns with you over the phone. She will then consult with our team of specialists to match you with the most suitable professional to support you and your child.

You will then meet with the specialist(s) for an intake meeting, during which they will work with you to determine the most appropriate next steps for your child. The intake meeting usually involves a parent interview, an observation of your child, or a screening activity with your child.

ELG is a social enterprise that provides special education services to families and children in Shanghai. We offer full time programs, assessments, therapies, consulting, and professional development for educators and other professionals.

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