

# CBT Tools to Stop Negative Thoughts



## JOURNALING

Self-reflection

Identifying thought patterns



## NIGHTMARE EXPOSURE AND RESCRIPTING

Treats nightmares

Develops new responses



## RELAXED BREATHING

Supports range of issues

Calms and focuses



## PLAY THE SCRIPT UNTIL THE END

Treats fear and anxiety

Reflects on worst-case scenario

Improves feeling of coping



## UNRAVELING COGNITIVE DISTORTIONS

Identifying faulty thinking

Challenging faulty thinking



## PROGRESSIVE MUSCLE RELAXATION

Calming

Mindful focus on physical relaxation



## COGNITIVE RESTRUCTURING

Exploring causes of faulty thinking

Reframing and restructuring them



## INTEROCEPTIVE EXPOSURE

Treats panic and anxiety

Purposeful exposure to sensations of panic

Instills understanding that sensations aren't dangerous



## EXPOSURE AND RESPONSE PREVENTION

Purposefully exposing self to trigger

Mindfully controlling the response

# Therapy Techniques Tips

**Thomas Griffiths**



## **Therapy Techniques Tips:**

Cognitive Therapy Techniques in Christian Counseling Mark R. McMinn, 2008-03-24 *A Comprehensive Guide To: Counseling Psychology* Dr. Mohammad Faizee, Professor Akbar Husain, Counseling psychology is a branch of psychology that focuses on helping individuals improve their mental health cope with life challenges and achieve personal growth It addresses emotional social vocational and developmental concerns through techniques such as talk therapy cognitive behavioral therapy person centered therapy and solution focused approaches Counseling psychologists assess and intervene in issues like stress anxiety depression relationship problems and career guidance while also promoting prevention and overall well being Definition Focuses on helping individuals improve mental health cope with challenges and achieve personal growth Goals Promote well being assist in coping with stress guide personal and professional development Areas of Focus Individual counseling group counseling career vocational guidance and developmental issues across the lifespan Techniques Talk therapy Cognitive Behavioral Therapy CBT Person Centered Therapy and Solution Focused Therapy Roles Assessment of issues intervention through counseling prevention of mental health problems and conducting research

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