Draw how you feel today Monday 4th May

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**Cognitive behavioural therapy (CBT)**

Research and answer the following questions, DO NOT COPY AND PASTE. Use NHS for your main resource however additional reading and research will be needed. Watch the following link:

https://[www.youtube.com/watch?v=0ViaCs0k2jM&ebc=ANyPxKqgL7BT7iwoqitQUd9pP5aMqI7Y-fDLOF-L-bjahO12iSMO00ZX8Af3gLGu3ksmDbPsmE0IDlbr9uLpcmw2hhwGzkDOJQ](https://www.youtube.com/watch?v=0ViaCs0k2jM&ebc=ANyPxKqgL7BT7iwoqitQUd9pP5aMqI7Y-fDLOF-L-bjahO12iSMO00ZX8Af3gLGu3ksmDbPsmE0IDlbr9uLpcmw2hhwGzkDOJQ)

Useful links:

<https://www.nhs.uk/conditions/cognitive-behavioural-therapy-cbt/>

<https://www.nhs.uk/conditions/post-traumatic-stress-disorder-ptsd/>

<https://www.simplypsychology.org/cognitive-therapy.html>

NEVER USE WIKIPEDIA

1. **Why is the NHS a reliable website to find information?**
2. **What is plagiarism?**

**CBT Questions:** DO NOT COPY AND PASTE

1. What is CBT?
2. Who is the theorist behind CBT?
3. What is it most commonly used for?
4. How does CBT work?
5. In addition to depression CBT can be used to help people with?
6. What happens during a CBT session?
7. CBT is broken down into 5 different areas what are they?
8. What is negative thought cycle?
9. What is negative automatic thinking?
10. What is exposure therapy?
11. What happens during CBT sessions? How long do they last? Where can these sessions take place?
12. Explain online CBT?
13. How can you receive CBT as a treatment method?
14. What are the strengths and weaknesses of CBT?
15. Why do you think CBT is a common therapy of the NHS?

**Use the research above to write a report which summaries the use of CBT, include pro and cons and suggest how CBT would be used to treat/manage these issues.** DO NOT COPY AND PASTE

1.Josh was in a car accident and has PTSD –

What is PTSD?

What causes PTSD?

What are the signs and symptoms?

CBT as a treatment for PTSD?

Pros and Cons

2.Aaliah has a phobia - agoraphobia and this is impacting her ability to work.

What is a phobia?

What is agoraphobia?

What causes agoraphobia?

CBT as a treatment for agoraphobia?

Pros and Cons

3.Jamil is stressed about his work load as he has a high pressure job.

What is stress?

What causes stress?

CBT as a treatment for stress?

Pros and Cons

**How well do you understand CBT?**

GOT IT

Almost

Not quite

Could CBT help change your drawing? Or help to keep your drawing positive?

Provide a list of references: any website used:

Draw how you feel today (once finished CBT task by 15th May)

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