

Table 1

A Menu of Cognitive Behavioral Therapy (CBT) Procedures



CBT	Focus	Goal	Notes
<p>CBT Behavioral activation Problem-solving self-help</p>	<p>Reduce avoidance and increase the frequency of positive activities and interests</p>	<p>Help to get the person to work. Behavioral activation involves increasing the frequency and intensity of activity.</p>	<p>Behavioral activation</p>
<p>CBT Thought records Beliefs Evidence Alternatives</p>	<p>Recognize and challenge the validity of automatic thoughts and distortions</p>	<p>Help to build a more realistic picture. The person learns to identify thoughts and feelings, and then to evaluate the evidence for and against the validity of those thoughts and feelings.</p>	<p>Thought records</p>
<p>CBT Role-play Exposure Problem-solving self-help</p>	<p>Reduce anxiety. The person uses CBT to learn a variety of strategies to manage the CBT. A variety of strategies to manage the anxiety is used to manage anxiety. The person also learns to manage the anxiety.</p>	<p>Help to build a more realistic picture. The person learns to identify thoughts and feelings, and then to evaluate the evidence for and against the validity of those thoughts and feelings.</p>	<p>Role-play Exposure Problem-solving self-help</p>
<p>CBT Problem-solving self-help</p>	<p>Recognize and challenge the validity of automatic thoughts and distortions</p>	<p>Help to build a more realistic picture. The person learns to identify thoughts and feelings, and then to evaluate the evidence for and against the validity of those thoughts and feelings.</p>	<p>Problem-solving self-help</p>
<p>CBT Problem-solving self-help</p>	<p>Recognize and challenge the validity of automatic thoughts and distortions</p>	<p>Help to build a more realistic picture. The person learns to identify thoughts and feelings, and then to evaluate the evidence for and against the validity of those thoughts and feelings.</p>	<p>Problem-solving self-help</p>
<p>CBT Problem-solving self-help</p>	<p>Recognize and challenge the validity of automatic thoughts and distortions</p>	<p>Help to build a more realistic picture. The person learns to identify thoughts and feelings, and then to evaluate the evidence for and against the validity of those thoughts and feelings.</p>	<p>Problem-solving self-help</p>

