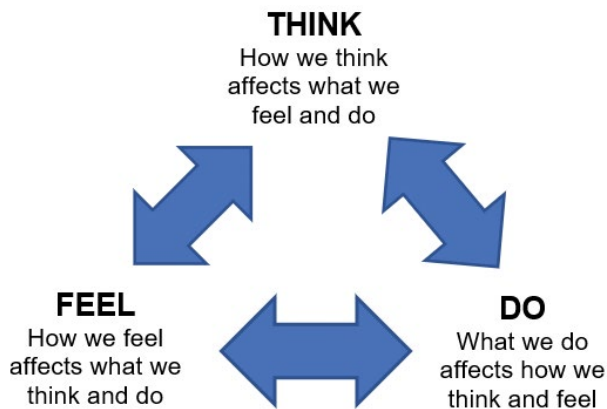




Why and How CBT Works for Health Anxiety

What is CBT?

- CBT stands for cognitive behavioural therapy, which is a type of brief counselling that helps people deal with their worries.
- CBT is based on the idea that our thoughts, feelings, body sensations, and actions are all connected.



Why would I try CBT?

- Studies have found that CBT is the **best treatment** for people with anxiety about their health.

How does CBT work?

- CBT can help you figure out the way you think and act, which might be causing you to feel anxious. CBT can then help you make changes to the way you think and act.
- Instead of talking about your problems, CBT is more about working together to deal with them.
- CBT is available online as well as in person.
- CBT works best when you trust and get along with your counsellor and when you do the tasks they give you.

What does effective CBT involve?

- Going to 6 to 20 sessions
- Setting clear goals
- Planning with your counsellor for each session
- Doing homework between sessions
- Working together with your counsellor.

NOTES:

Sources:

- 1) Anxiety Canada. *What is cognitive behavioural therapy (CBT)?* <https://www.anxietycanada.com/cbt/>
- 2) CAMH. *Cognitive behavioural therapy.* <https://camh.ca/en/health-info/mental-illness-and-addiction-index/cognitive-behavioural-therapy>