

## Syllabus of CBT

### Lesson 1

What is CBT?  
What CBT isn't  
History and origins of CBT  
Distinctive characteristics of CBT

### Lesson 2

Criticisms of CBT  
Establishing the Therapeutic Relationship  
Establishing Rapport  
BOUNDARIES  
ABC MODEL  
Balancing Statements

### Lesson 4

Goal setting  
cognition  
Useful Cognitive Techniques  
Problems with Cognition

### Lesson 5

Behavioral techniques  
Positive Statements Positive Affirmations Behavioral Experiments Exposure  
Activity Scheduling  
Useful Physical Techniques  
Relaxation  
Controlled Breathing  
Sleep Management  
Exercise

### Lesson 6

Dealing with Negative and Distorted Thought Process  
The Socratic Method  
Assumptions and Beliefs

### Lesson 7

Anxiety  
Understanding and working with Anxiety Disorders  
Dealing with Obsessions and Compulsions

### Lesson 8

Anger Management using CBT  
Understanding and Working with Depression  
Understanding and Working with Stress

## Lesson 9

Working with Self Esteem Issues  
Working with Alcohol/Drug Issues  
Working with Eating Disorders

## Lesson 10

Mindfulness CBT  
The CBT therapist and the CBT clinic  
Case Study  
Conclusion Reading List  
Useful Addresses and contacts