



**Providence
Health Care**

How you want to be treated.

Introduction to Cognitive Behavioural Therapy

Session Description

Cognitive behavioural therapy (CBT) is a form of psychotherapy that focuses on the links between thoughts (“cognitions”), feelings and behaviour. Your thoughts lead to feelings; your feelings lead to behaviours; and your behaviours can, in turn, positively or negatively influence your feelings. This session will help you recognize how your thoughts, feelings and behaviours mutually impact each other, and give you tools for dealing with them in your day to day life. As participants will learn, CBT is helpful for treating depression and anxiety, as well as for improving communication, relationships and overall coping and mental wellbeing.

Registration link:

Link: <https://forms.gle/3Vv4Aj6yBCdamLnf7> . You can sign up to attend live sessions or receive access to the recording, which is available for 1 month.



**September 11, 2024
12 pm - 1 pm**

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Questions? Email wellness@providencehealth.bc.ca