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Judith S. Beck, PhD, is President of the Beck Institute for Cognitive Behavior Therapy (www.beckinstitute.org), which provides state-of-the-art training in CBT and offers online courses on a variety of CBT topics, including Essentials of CBT: The Beck Approach.

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Cognitive Behavioral Therapy CBT How Does It Work

Cognitive Behavioral Therapy Basics The underlying concept behind CBT is that our thoughts and feelings play a fundamental role in our behavior. For example, a person who spends a lot of time thinking about plane crashes, runway accidents and other air disasters may find themselves avoiding air travel.

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