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**[Cognitive Therapy In The
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**Cognitive therapy (CT) is a
type of psychotherapy
developed by American**

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psychiatrist Aaron T. Beck. CT is one of the therapeutic approaches within the larger group of cognitive behavioral therapies (CBT) and was first expounded by Beck in

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the 1960s. Cognitive therapy is based on the cognitive model, which states that thoughts, feelings and behavior are all connected, and that individuals can ...

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**Cognitive Behavioral
Therapy (CBT) for
Treatment of PTSD**

**Cognitive behavioral therapy
(CBT) helps you change
actions or thoughts that hurt**

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your ability to sleep well. It helps you develop habits that promote a healthy pattern of sleep. Talk to your doctor or to a sleep specialist to see if one of these methods might

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improve your sleep.

**Following are the most
common forms of CBT:**

**[Cognitive Behavioral
Therapy | Psychology Today](#)**

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**Cognitive-Behavioral
Therapy (CBT) was
developed as a method to
prevent relapse when
treating problem drinking,
and later it was adapted for
cocaine-addicted individuals.**

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Cognitive-behavioral strategies are based on the theory that in the development of maladaptive behavioral patterns like substance abuse, learning processes play a critical role.

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