

Cognitive Behavioral Therapy (CBT)

Target Population

Scientific studies of CT have demonstrated its usefulness for a wide variety of mental illnesses including mood, anxiety, personality, eating, sleep, and psychotic disorders. Recovery Oriented CT for individuals with serious mental illness focuses on attainment of personally-set goals and engages individuals in their own psychiatric rehabilitation.

Treatment Setting

There have been many providers and treatment settings trained in Cognitive Therapy, including adult and child outpatient clinics, residential treatment facilities, residential substance use programs, school-based programs, ACT teams, community integrated recovery centers and extended acute care units.

Length/Frequency of Treatment

Sessions usually occur once per week and often last about 50-60 minutes in length. In milieu settings, CT may be integrated into groups or other treatment related activities. Length of treatment is individualized and determined in collaboration between the individual and therapist.

Referral Process

CT is delivered in both outpatient settings and in higher levels of care in Philadelphia. Outpatient providers delivering CT can be accessed by calling those providers listed in the provider directory. Pre-authorization from Community Behavioral Health is required for higher levels of care.

Website:

<https://www.med.upenn.edu/penncollaborative/>

Overview

Cognitive Behavioral Therapy (CBT, also referred to as Cognitive Therapy or CT) is a treatment that can be used with children or adults. The cognitive model proposes that the way we perceive situations influences how we feel emotionally. It is not a situation that directly affects how people feel, but rather, their thoughts in that situation. When people are in distress, their perspective is often inaccurate and their thoughts may be unrealistic. Cognitive therapy helps reduce an individual's distress by helping them to develop more balanced and realistic thoughts about self, others, and the future. CT helps individuals solve their current challenges by learning and practicing new skills.

Core Components

- Cognitive therapy is focused on the present, is time-limited, and problem-solving oriented.
- CT focuses on establishing specific treatment goals in order to learn new patterns of thinking and develop new positive behaviors.
- Each session will follow a similar pattern: check in, agenda setting, discussion of agenda items, homework assignment, summary and feedback.
- Techniques used in sessions include: thought checking, behavioral activation, problem solving skills, relaxation, and in vivo exposure.

Beck Community Initiative – CT Training and Implementation Support

The Penn Collaborative for CBT and Implementation Science (formerly the Beck Community Initiative) is a partnership between DBHIDS and the University of Pennsylvania Aaron T. Beck Psychopathology Research Center to provide training and implementation support for CT in community settings. Since 2007, The Beck Initiative has partnered with over 55 behavioral health providers. Through the Penn Collaborative, selected providers receive an intensive CT training, weekly group consultation for 6 months, audio review of session to qualify for certification and support to develop agency capacity for ongoing internal CT supervision.