



## Cognitive Behavioral Therapy applied to Academic Advising

### **What is Cognitive Behavioral Therapy?**

- Connection between how you think, feel and react
- It's not as ridged as people sometimes make it out to be. It's not just a matter of changing your thinking.
- Addressing beliefs and underlying issues are also critical
- Looking at the patterns of responding in your lifetime and learning how to change those patterns of response.

### **Why Cognitive Behavioral Therapy?**

- Cognitive Behavioral Therapy is the treatment of choice in the Western World for a range of different issues including many our students face such as anxiety and depression.
- It's cost-effective because it's about creating change; moving forward.
- It's about people learning skills so people relapse less frequently. It's fairly easy for students to learn the basic skills of Cognitive Behavioral Therapy

### **However...**

- It's not a quick fix
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- It's helpful if the person likes to solve puzzles/problems