

Instructions

Week 6: CBT

- a. Discuss Aaron Beck's cognitive therapy. What are the basic principles and goals of this form of therapy?
- b. Discuss the concept of a "collaborative relationship" in the CBT model.
- c. Discuss the application of exposure therapy for anxiety disorders.
- d. Discuss the strengths and limitations of CBT.

Resources

<https://www.youtube.com/watch?v=D2wc-K4gDic>

<https://www.healthline.com/health/exposure-therapy#conditions>

