

GENERAL INFORMATION ABOUT COGNITIVE BEHAVIOURAL THERAPY

Issues	Answers
Aren't my problems due to my childhood experiences?	Part of your problems may be due to how your parents, siblings, and peers treated you, but your solutions to your problems lie in what you are thinking and doing today. However, with many people we do find it useful at times to review the sources of your problems and help you learn how to change the way you think about them now.
Aren't my problems due to biochemistry?	Part of your problems may be due to biochemistry, but many other factors-such as the way you think, behave, and relate, as well as current and past life events are important. Using cognitive behavioural therapy does not rule out the use of medication. For most psychiatric disorders, there is considerable evidence that cognitive behavioural therapy is as effective as medication. For very serious levels of depression and anxiety, we believe that it may be best to combine medication with therapy. An advantage of cognitive behavioural therapy is that you also learn ways to solve your problems on your own.
How will I know if I'm getting better?	You and your therapist can identify specific goals at the beginning of therapy-and you can modify these goals as you continue. Then you can evaluate whether you are becoming less depressed, anxious, angry, or the like. You should feel free to give your therapist feedback on your progress. This feedback from you is useful in order to figure out what works and what doesn't work.
How can I learn more about cognitive behavioural therapy?	Depending on the problems that you want to solve, your therapist can recommend a number of books or other readings to you. We believe that the more you know about yourself, the better off you will be. We hope that you can learn to become your own therapist.