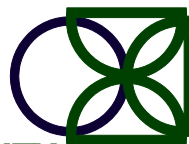


Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

CS Approved— February 2023



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Cognitive Behavior Therapy (CBT)

An Evidence-Based Practice

What is Cognitive Behavior Therapy

CBT is based on the idea that how we think (cognition), how we feel (emotion) and how we act (behavior) all interact together. Specifically, our thoughts determine our feelings and our behavior. Therefore, negative, and unrealistic thoughts can cause us distress and result in problems.

CBT places an emphasis on helping individuals learn to be their own therapists. Through exercises in the session as well as “homework” exercises outside of sessions, consumers are helped to develop coping skills, whereby they can learn to change their own thinking, problematic emotions, and behavior.



How CBT Helps

CBT therapists work with consumers to set goals for them. They chart progress towards those goals. Therapists should also make what is called a “conceptualization” of each consumer. Conceptualization helps them work with the consumer to make an individualized plan of service. Therapists explain the plan and any related skills and techniques, to each consumer. If consumers agree to the suggestions, then they work together with their therapists to learn these techniques and skills.

Some techniques include:

- Identifying negative thoughts
- Evaluating thoughts
- Scheduling meaningful or pleasurable activities
- Identifying values and aspirations
- Setting goals and breaking goals down into small steps
- Solving problems
- Making decisions
- Learning communication skills, including role-playing difficult conversations
- Learning mindfulness skills
- Tolerating distress, relaxation
- Doing self-therapy between sessions, or after the conclusion of treatment

What Can CBT Help?

- Anxiety
- Depression
- Eating Disorders
- Personality Disorders
- Post-Traumatic Stress Disorder (PTSD)
- Serious Mental Health Conditions
- Substance Use Disorder
- And More

CBT can be provided through individual or group sessions, when available.

To Learn More

Discuss if CBT is right for you with your current treatment provider or contact Saginaw County Community Mental Health Authority’s Centralized Access and Intake Unit (CAI) at (989) 797-3559.