

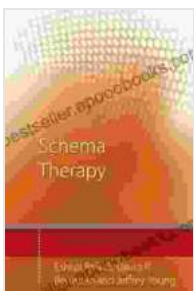
# Cognitive Behavioural Chairwork: Distinctive Features

## What is Cognitive Behavioural Chairwork?

Cognitive Behavioural Chairwork (CBC) is a therapeutic approach that combines the principles of cognitive behavioural therapy (CBT) with the experiential techniques of chairwork. CBT is a type of therapy that focuses on helping clients identify and change their unhelpful thoughts, feelings, and behaviours. Chairwork is a type of therapy that uses chairs to represent different people or aspects of a client's life. This allows clients to explore their emotions and relationships in a safe and supportive environment.

## How is CBC Different from Traditional CBT?

CBC is different from traditional CBT in several ways. First, CBC uses chairs to represent different people or aspects of a client's life. This allows clients to externalize their thoughts and feelings, which can make them easier to identify and change. Second, CBC is more experiential than traditional CBT. This means that clients are encouraged to express their emotions and to experiment with new ways of thinking and behaving. Third, CBC is more collaborative than traditional CBT. The therapist and client work together to identify the client's goals and to develop a treatment plan.



## Cognitive Behavioural Chairwork: Distinctive Features (CBT Distinctive Features) by Matthew Pugh

★★★★☆ 4.9 out of 5

Language : English

File size : 2911 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled  
Print length : 226 pages  
Screen Reader : Supported



## What are the Benefits of CBC?

CBC has been shown to be effective in treating a wide range of mental health problems, including:

- Depression
- Anxiety
- Post-traumatic stress disorder (PTSD)
- Eating disorders
- Substance abuse

CBC can also be helpful for people who are struggling with:

- Relationship problems
- Work-related stress
- Grief and loss
- Life transitions

## Who is CBC Suitable For?

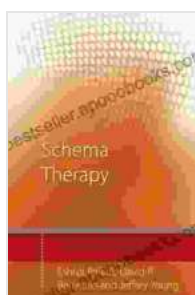
CBC is suitable for people of all ages and backgrounds. It is particularly helpful for people who are struggling with complex or long-standing mental

health problems. CBC can also be helpful for people who are looking to improve their overall mental health and well-being.

## How Do I Find a CBC Therapist?

If you are interested in trying CBC, you can find a therapist in your area by searching online or by asking your doctor or mental health professional for a referral. You can also find more information about CBC on the website of the International Association for Cognitive Behavioural Therapy (IACBT).

CBC is a powerful therapeutic approach that can help people to improve their mental health and well-being. If you are struggling with a mental health problem, or if you are simply looking to improve your overall mental health, CBC may be a good option for you.



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