

Week 1/Video 2: The CBT Model

In this workshop, we'll use a therapy model called "Cognitive Behavioral Therapy" or CBT, which is evidence-based in treating depression. The CBT model focuses on interactions between symptoms in 3 areas: our thoughts, feelings, and behaviors. When we talk about depression, we add physiological/physical sensations because they are often present in depression.

Let's talk more about the symptoms of depression and how they fit into these 4 categories. Depression can look different for each of us. Please refer to **page 6 of the workbook**, which shows a number of common symptoms. Each of the symptoms listed is either a behavior, thought, emotion, or physical sensation.

Do any of these experiences seem familiar to you? Please take time to review the symptoms on **Page 6** and check off/circle/highlight the symptoms that you have experienced before continuing on to the next video.