Chapter 15: Therapy

# Video Title: What is Cognitive Behavioral Therapy (CBT) with Therapist Kati Morton

**Video URL:** <https://www.youtube.com/watch?v=g7B3n9jobus>

**Run Time:** 10:19

**Source:** YouTube

**Close Caption Available:** Yes

This video explains the basics of cognitive behavioral therapy.

Questions:

1. What are the attributes of cognitive-behavioral therapy? What distinguishes it from other therapies?
2. What is thought tracking?
3. What components of behavioural therapy are employed in this method?