Cognitive therapy is a type of psychotherapy that aims to reduce symptoms of mental health disorders by addressing the thoughts and behaviors that contribute to them. Developed by American psychiatrist Aaron T. Beck, cognitive therapy (CT) is one therapeutic approach within the larger group of cognitive therapies. CT is based on the cognitive model, which states that thoughts, feelings, and behavior are all connected, and that controlling one can help control the others. Over the years, Beck has published extensively on cognitive therapy, including the seminal work *Cognitive Therapy and the Emotional Disorders,* which was published in 1979.

One of the key principles of cognitive behavioral therapy (CBT) is that thoughts, feelings, and behaviors are interconnected. This means that if a person is feeling a certain way, or behaving in a certain way, it is likely that they are thinking in a certain way as well. Cognitive behavioral therapy aims to identify and change these patterns of thinking, so that the person can feel better and behave more effectively.

Cognitive behavioral therapy is a structured, time-limited approach to psychotherapy that aims to address clients' current problems. It is an integration of principles from behavior therapy with theory and methods from the cognitive therapies developed by Beck. CBT is a popular form of psychological therapy that works with our thoughts, feelings, and behaviors.

CBT is an effective treatment for a wide range of mental health disorders, including depression, anxiety, and substance use disorders. It is a structured, time-limited approach to psychotherapy that aims to address clients' current problems. It is based on the idea that thoughts, feelings, and behavior are all connected, and that controlling one can help control the others. CBT is a science-based approach that is supported by a large body of research.