



## Introduction

- CBT is an evidence-based approach based on the idea that thoughts, behaviors, and emotions are connected.
- Patients are trained to recognize maladaptive thoughts and behaviors, understand how these thoughts and behaviors are related to and impact their mood and functioning, and find ways to replace these thoughts and behaviors with functional ones.
- CBT can be introduced in the clinic to help patients with depression and anxiety understand what therapy may look like, feel more open to a referral to therapy, and gain another tool for their toolbelt while waiting for a referral or therapist availability.

Image: <https://med.uth.edu/psychiatry/2019/11/27/what-is-cbt/>

## CBT Tools That You Can Use

- The Thought Record and Testing Your Thoughts worksheets were both designed by Judith Beck, PhD and original founder of CBT.
- The Thought Record helps patients focus on any thoughts they may be having in a given situation, mood, or behavior pattern. The goal is to explore these thoughts, challenge them in a logical way, and identify behaviors that may help break the thought pattern.
- The Testing Your Thoughts worksheet takes a very similar approach in a more open-ended fashion.
- One or both of these worksheets may be introduced and filled out with your patient during an office visit. The patient can also take the worksheet home for continued practice.

## Resources

1. Dorflinger LM, Fortin VI AH, Foran-Tuller KA. Training primary care physicians in cognitive behavioral therapy: A review of the literature. *Patient Education and Counseling*. 2016;99:P1285-1292.
2. Beck Institute for Cognitive Behavioral Therapy. <https://beckinstitute.org/cbt-resources/resources-for-professionals-and-students/cbtresources/>



## Cognitive Behavioral Therapy in Primary Care

A Brief Guide to Introducing CBT  
to Your Patients in the Clinic

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