4 Types of Cognitive Behavioral Therapy: What They’re Used for and How They Work

[Cognitive behavioral therapy (CBT)](https://www.ncbi.nlm.nih.gov/books/NBK279297/)is one of the most common and research-supported forms of therapy in psychotherapy. It focuses on guiding a person to better understand their thought processes, feelings, attitude, and expectations.

Cognitive behavioral therapy uses methods of discussion to dig deeper into a person's mind to find toxic thinking patterns and limiting beliefs. The therapist then provides the client with tips, coping mechanisms, or exercises to change them to more helpful and rational thoughts.

Cognitive behavioral therapy is not a one-size-fits-all form of psychotherapy. There are many types of cognitive behavioral therapy a therapist may pursue to get their patient feeling happier and healthier. In today's article, we are going to cover four major forms of CBT:

* Mindfulness-based cognitive therapy (MBCT)
* Dialectical behavioral therapy (DBT)
* Multimodal therapy
* Rational emotive behavior therapy (REBT)

## Mindfulness-Based Cognitive Therapy (MBCT)

MBCT is a form of CBT that uses the base techniques of cognitive behavioral therapy and pairs them with mindfulness techniques like meditation, body-scan practices, yoga, and cultivating a more mindful and present mindset.

MBCT can be used for many different mental health struggles, including:

* Anxiety
* [Depression](https://www.dovepress.com/mindfulness-based-cognitive-therapy-for-depression-trends-and-developm-peer-reviewed-fulltext-article-PRBM)
* Unhappiness
* Dissatisfaction with life
* Bipolar disorder

## Dialectical Behavioral Therapy (DBT)

DBT is a form of CBT with goals that include living in the moment, regulating emotions, developing healthy coping mechanisms for stressful situations, and improving relationships. DBT can be used for a number of different mental health concerns like:

* Borderline personality disorder (BPD)
* Anger issues
* Bipolar disorder
* Depression
* Anxiety
* Attention-deficit/hyperactivity disorder (ADHD)
* Eating disorders

## Multimodal Therapy

Multimodal therapy is a form of psychotherapy that focuses on the client as a whole person rather than focusing on treating specific symptoms. Multimodal therapy utilizes a combination of different psychotherapy types and techniques to treat a person. In a multimodal therapy treatment program, the therapist may draw techniques from a wide range of different forms of [psychotherapy](https://www.verywellmind.com/what-is-multimodal-therapy-5216156), including:

* Cognitive therapy
* Behavior therapy
* DBT
* REBT
* Psychoanalysis

Because of the wide range of techniques used in multimodal therapy, the treatment can be used in a wide range of different mental ailments, such as:

* Depression
* Substance use disorders
* Anxiety
* Bipolar disorder
* ADHD
* Personality disorders
* Schizophrenia

## Rational Emotive Behavior Therapy (REBT)

REBT is a form of psychotherapy that focuses on teaching clients coping mechanisms for irrational thoughts and beliefs and ways to improve the health of their thoughts, behaviors, and emotions. The therapy technique works on self-acceptance and acceptance of other people and situations. REBT focuses on the effects our beliefs and perspective have on our emotions about a specific event. This form of therapy is useful for many different mental health struggles, like:

* Anxiety
* Depression
* Anger issues
* Life dissatisfaction
* Social anxiety
* OCD

## We Are Here for You

If you have been experiencing any struggles with your mental health, our compassionate and reliable therapists are here for you. We need free in-person and telemedicine counseling options to fit many different lifestyles to ensure you are able to receive the help you need to live your happiest, healthiest life. Contact us today.

**References**

<https://www.ncbi.nlm.nih.gov/books/NBK279297/>

<https://www.dovepress.com/mindfulness-based-cognitive-therapy-for-depression-trends-and-developm-peer-reviewed-fulltext-article-PRBM>

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