

Pillar

A GUIDED CBT APP (1/2)

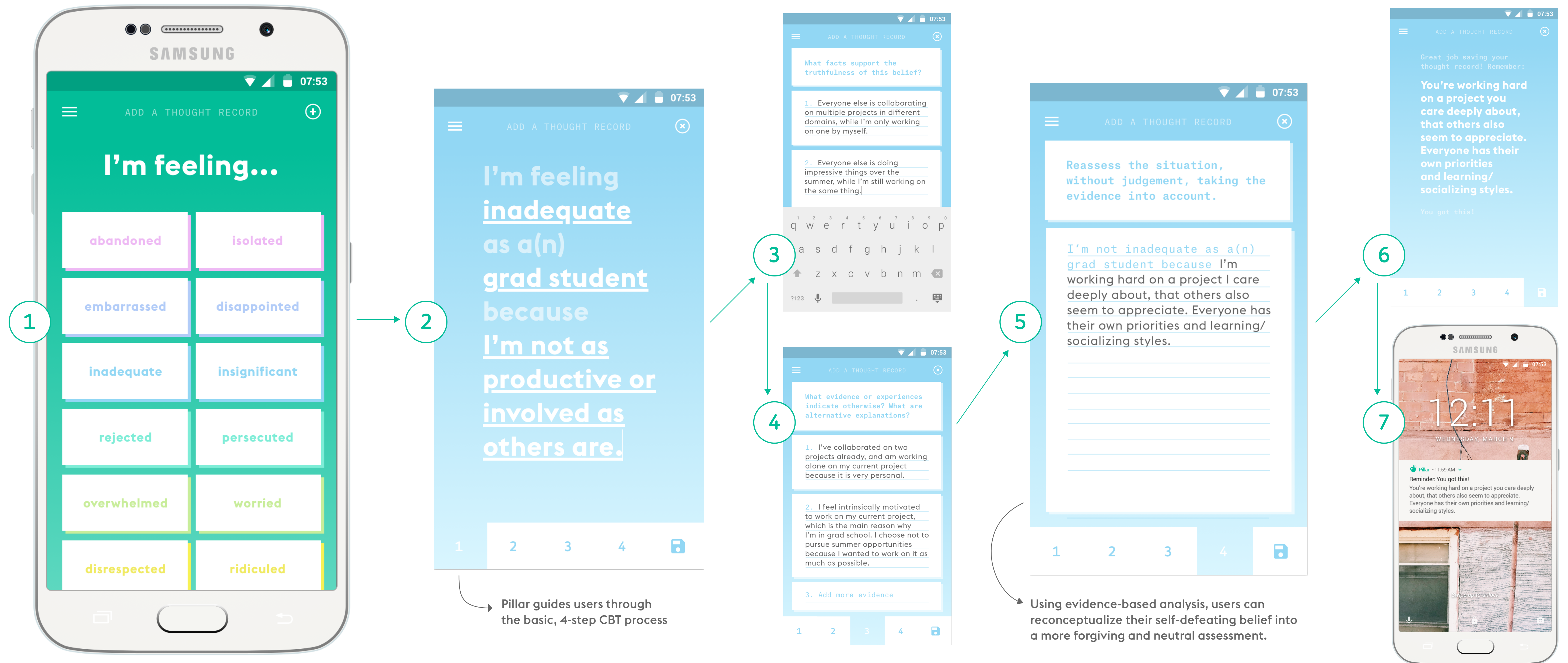
Cognitive Behavioral Therapy (CBT) is one of the most popular and effective

models for improving mental health. CBT makes good on the belief that affect, behavior, and cognition directly influence each other by empowering the individual to correct their self-defeating cognitive distortions; this is done by gathering evidence for and

against their belief, then reassessing the belief based on these facts.

While easily executed in a therapist's office, it's more difficult to practice CBT in the moment, by oneself, while emotionally agitated. *Pillar* guides users through the process when they need it.

1. When something begins to bother you, select the feeling from, or add it to, the list.
2. Identify the root cause of the feeling and label it in a clearly articulated statement.
3. Gather factual evidence that supports this belief.
4. Gather factual evidence that undermines this belief.
5. Correct the cognitive distortion by reassessing the belief based on the evidence.
6. Save your thought record to refer to as needed.
7. Push notifications remind you how to think of the trigger in a neutral way, and offer support throughout your life.



ENTRY

332-251303

Topics: mental health, emotion regulation, self-care, cognitive behavioral therapy

CONCEPT

Pillar: A Guided CBT App

STUDENT

Jenna Xu

UNIVERSITY

New York University

New York, USA

Interactive Telecommunications Program (ITP)

Pillar

A GUIDED CBT APP (2/2)

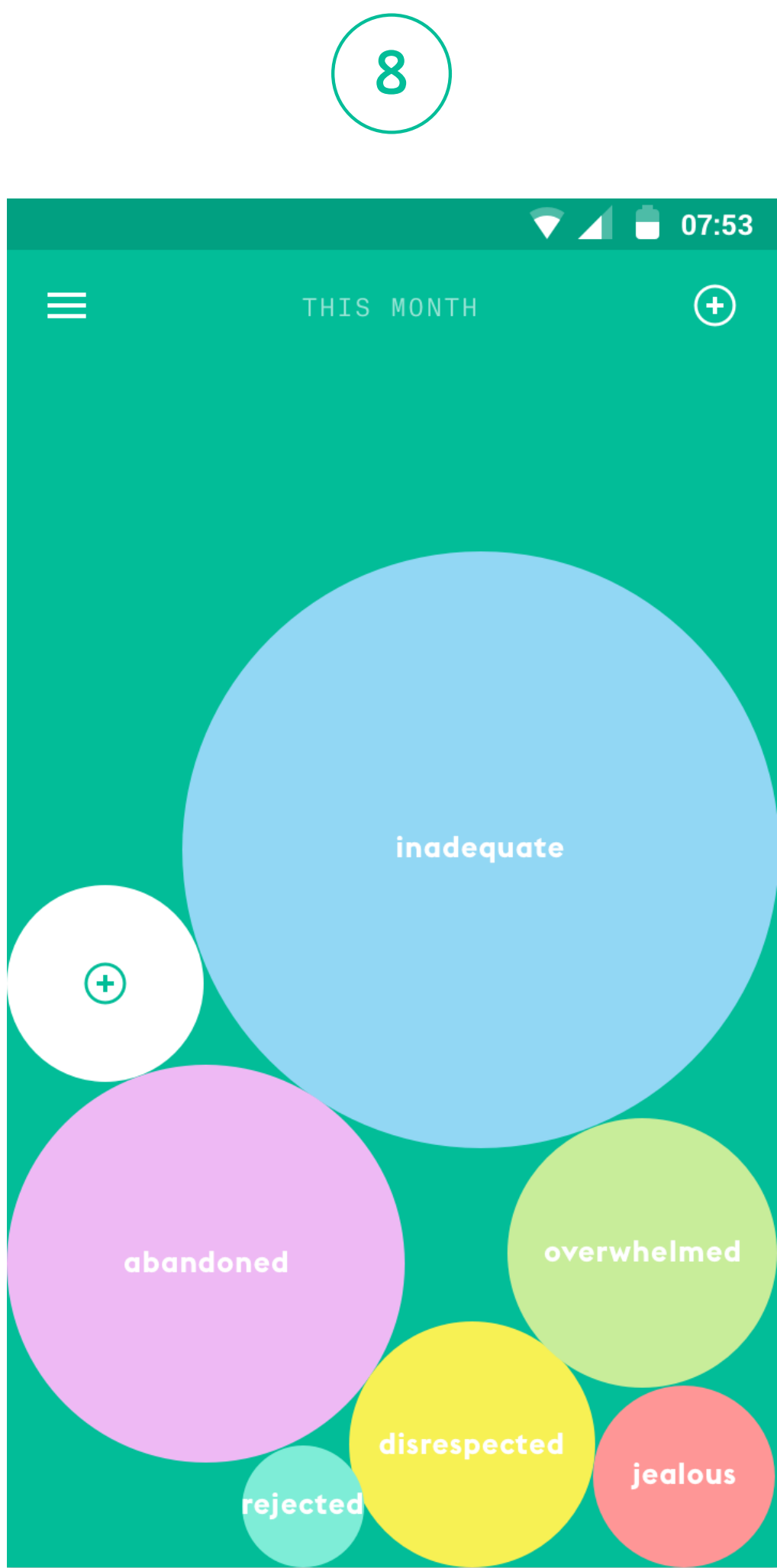
Because cognitive distortions are habitual patterns of thought, *Pillar* saves users' thought records to refer back to when they recur, or to append to as new evidence is uncovered. Reviewing

the contradictory evidence is uplifting, which essentially serve as themed gratitude journals that prevent users from falling back into the same harmful thinking patterns.

8. Over time, saved thought records can uncover emotional and cognitive patterns.
9. The CBT work that the user has done on a trigger can be referred back to during a

recurrence of that feeling. Reviewing a list of nonjudgemental, neutralized evidence that undermines the distortion is much easier than trying to generate them under duress.

10. The user can continue to add new evidence to assuage old worries.



Users can see patterns in their emotional lives, allowing them to be more mindful in the moment.



Reviewing a list of nonjudgemental, neutralized evidence that undermines the distortion is much easier than trying to generate them under duress.

ENTRY
332-251303
Topics: mental health, emotion regulation, self-care, cognitive behavioral therapy

CONCEPT
Pillar: A Guided CBT App

STUDENT
Jenna Xu

UNIVERSITY
New York University
New York, USA
Interactive Telecommunications Program (ITP)