



Recommended Videos about B-CBT for Adolescents and Parents

▶ Cognitive Behavioral Therapy For Kids | What Is CBT? | CBT Tools - C...

- This video provides an engaging and informative explanation of what Cognitive Behavioral Therapy is, and how children can practice CBT with various tools on the go!

▶ What is Cognitive Behavioural Therapy? A short explainer | Just a Tho...

- This video provides an easy to understand overview on how people can use CBT to control their emotions, thoughts, and behaviors.

▶ The Cognitive (CBT) Triangle | Cognitive Behavioral Therapy for Kids ...

- This video describes the cognitive CBT triangle that helps you understand how your thoughts, feelings, and actions all influence each other.

▶ AMA: Using CBT with Kids

- This video is aimed for parents to understand how they can help their kids with challenging situations using CBT and Mindfulness skills.

▶ CBT style intervention for teens & older children: Inside - Outside fe...

- This video walks teens and older children through a CBT style intervention that helps to differentiate between our inside and outside selves to understand the feelings and thoughts we internalize vs. present to the world.

The ABCs of CBT: Thoughts, Feelings and Behavior

- This video describes the ABC's of CBT (Activating Event, Belief, and Consequence) and how we can change our beliefs to influence our actions.

What is CBT? and How it Helps Teenagers!

- This video describes how CBT can specifically help teenagers to identify and challenge irrational thoughts such as self doubt or self-imposed expectations.

Group & Individual Cognitive Behavioral Therapy CBT for Social Anx...

- This video explains the strengths of both group and individual cognitive behavioral therapy for those who are struggling with social anxiety.