



Brief Cognitive Behavioral Therapy Subtypes

I. CBT Subtype/Approach Readings

a) Exposure Therapy

- Exposure therapy is a core behavioral strategy within CBT, especially for anxiety and stress-related disorders. It is based on learning theory and involves systematically and thoughtfully confronting feared situations or stimuli without engaging in avoidance or protective behaviors.
- Read more:
 - [Cognitive-Behavioral Treatments for Anxiety and Stress-Related Disorders - PMC](#)

b) Dialectical Behavior Therapy

- DBT is a form of CBT that combines behavioral problem-solving with acceptance-based strategies and emphasizes rationalistic processes. It focuses on skills training (such as emotion regulation and anger management) and motivational improvement. DBT is specifically effective for individuals with multiple disorders, including borderline

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personality disorder, and aims to balance substantial change with acceptance.

- Read more:

- [Promising Practices :: Dialectical Behavior Therapy](#)

c) Acceptance and Commitment Therapy

- ACT is a type of CBT approach that helps individuals accept difficult thoughts and feelings rather than trying to eliminate them. The focus is on increasing mental flexibility by committing to actions aligned with personal values, even in the presence of uncomfortable internal experiences. ACT uses processes like cognitive defusion, mindfulness, and cognitive disputation.

- Read more:

- [Acceptance and Commitment Therapy \(ACT\): Definition, Techniques, and Efficacy](#)

d) Mindfulness Based CBT

- M-BCT combines mindfulness meditation practices with traditional CBT techniques. It teaches individuals to observe their thoughts and feelings nonjudgmentally, which helps with relapse prevention specifically in depression and the

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management of other mental health symptoms. MBCT emphasizes present-moment awareness, acceptance, and the reduction of overthinking, making it especially useful for recurrent depression and anxiety

- Read More:
 - [Mindfulness-Based Cognitive Therapy \(MBCT\): Key Components, How It Works, Effectiveness, Applications and Challenges – Right Choice Recovery](#)

e) Rational Emotive Behavior Therapy

- R-EBT is one of the original forms of CBT and suggests that emotional disruptions are primarily caused by irrational beliefs and self-defeating thinking. The therapy actively teaches participants to identify, dispute, and replace these beliefs with more rational, flexible ones. REBT emphasizes that it is not events themselves but our beliefs about them that cause emotional overwhelm.
- Read more:
 - [Rational Emotive Behavior Therapy | Psychology Today](#)



f) Brief CBT

- Brief CBT, which is what our educator curriculum in MindBridge focuses on, condenses the standard 12-20 sessions of CBT into four to eight focused sessions. It targets specific problems with tailored interventions, requiring patients to engage in work that maximize therapeutic improvements within the limited timeframe.
- Read more:
 - [MyBriefCBT Program | South Central MIRECC](#)