



## Core Brief - CBT Concepts and Developmental Considerations

### Readings

- [Essential Brief CBT Skills](#)
  - Details what Brief Cognitive Behavioral Therapy is, and skills developed during CBT
- [A Provider's Guide to Brief Cognitive Behavioral Therapy](#)
  - Offers an overview of Brief Cognitive Behavioral Therapy (Pg. 6 - 7)
- [Cognitive Behavioral Therapy \(CBT\) Adaptations for IDD | NC Complex Mental Health and Intellectual Developmental Disabilities Resources](#)
  - Provides a clear explanation of the components of Cognitive Behavioral Therapy and a sample session
- [In Brief: Cognitive Behaviour Therapy](#)
  - Introduces the rationale and method of brief CBT (typically 6–8 sessions), with focus on practical delivery and therapist techniques
- [Brief psychological therapies for anxiety and depression in primary care: meta-analysis and meta-regression](#)

# MINDBRIDGE

- Meta-analysis showing brief CBT's efficacy for adult depression and anxiety
- [\*\*NHS IAPT Brief CBT Protocols\*\*](#)
  - The UK's Improving Access to Psychological Therapies (IAPT) program provides free brief CBT protocols for anxiety, OCD, panic disorder, etc.
- [\*\*Cognitive Behavior Therapy and Young Adults: An Interview with a CBT-trained Clinician | NAMI: National Alliance on Mental Illness\*\*](#)
  - Offers strategies from CBT that are tailored towards young adults, and their daily lives