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WHAT IS COGNITIVE THERAPY WITH CHILDREN AND TEENAGERS?

The goal of cognitive therapy is to modify one's thoughts, beliefs and perceptions, and in so doing, to change behaviors. This type of approach teaches children and teenagers to think about how they make everyday decisions. Often, children behave in a manner that elicits the worst consequences in the long run. Once they start to see there are multiple solutions to problems, and to think through how each choice will turn out for them, we see changes in behavior. There are numerous techniques for cognitive therapy, but the example below is one readily understood by children, teens and their parents.

SAMPLE COGNITIVE MODEL FOR CHILDREN AND TEENAGERS

