

# Download Treating Obesity With Personalized Cognitive Behavioral Therapy

Cognitive behavioral therapy (CBT) is a psycho-social intervention that aims to improve mental health. CBT focuses on challenging and changing unhelpful cognitive distortions (e.g. thoughts, beliefs, and attitudes) and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems. Cognitive behavioral therapy (CBT) is a type of psychotherapy which has become a crucial part of psychology. While it was originally formulated as a treatment for depression, it is now involved in the treatment of many different disorders. "I am a Licensed Clinical Professional Counselor (LCPC) specializing in the treatment of anxiety and similar problems in children and teens. I use a cognitive-behavioral therapy approach along ...Obesity research and facts. Read the latest medical research on obesity. Evaluate weight loss programs and choose a diet plan based on your health and lifestyle needs.