



## Phases of CBT Treatment

**Phase 1** (2 – 3 sessions) Engage and Assess

**Phase 2** (1 – 3 sessions) Preparation for Active Therapy: Helping with Feelings – *as needed*

**Phase 3** (2 – 8 sessions): Active Changing

**Phase 4** (1 session): Recap, Reassess, Reinforce