



Cognitive-behavioral therapy (CBT) is an evidence-based therapy regimen used to minimize maladaptive behaviors and turn negative thought processes into positive ones. CBT helps individuals become aware of their thoughts and emotions, understand the sources of those thoughts and emotions, and then modify their perspectives in order to create a more positive outlook.

The central premise that underlies CBT is that our perspectives are informed by our thoughts, which can sometimes be distorted and out of line with reality. The principles behind CBT suggest that by changing our underlying thoughts, we can change behaviors and emotions that stem from those thoughts. There are several goals of CBT:

- Differentiate thoughts and feelings
- Understand how thoughts can impact feelings in both positive and negative ways
- Become aware of 'automatic' thoughts when they happen, and understand how they can impact emotional state
- Recognize and think critically about whether automatic thoughts and assumptions are accurate or biased
- Learn to notice, interrupt, and correct biased thoughts without external help

### How Can CBT Help Kids with HIE?

Children who are diagnosed with hypoxic-ischemic encephalopathy (HIE) at birth may develop several [associated conditions](#) such as [intellectual and developmental disabilities \(I/DD\)](#), [behavioral and emotional disorders](#), and other [mental health concerns](#). While people with intellectual and learning disabilities have historically been excluded from research on the effects of CBT, recent research has shown that the strategies promoted in cognitive-behavioral therapy can help people with disabilities process their thoughts, feelings, and behaviors and lead more independent lifestyles. CBT can help to manage feelings like despair, depression, and anger that may accompany mild-moderate intellectual disability. Moreover, CBT can be modified to ensure that each individual receives the most beneficial form of the therapy, and this flexibility helps to make CBT a useful treatment for those with



intersecting complex health needs.

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Learn More:

- [Cognitive-Behavioral Therapy \(CBT\): Detailed Overview](#)
- [\[Research\] CBT for Treating Anxiety and Depression in Individuals with I/DD](#)
- [CBT Helps Anger Management with Intellectual/Developmental Disabilities \(I/DD\)](#)
- [CBT for Intellectual Disabilities](#)
- [Applied Behavioral Analysis \(ABA\) vs Cognitive Behavioral Therapy \(CBT\) in Disabilities](#)
- [\[News\] Game Simulations for Teaching Cognitive Skills to Kids with Disabilities](#)
- [Video Games for Cognitive Training](#)