

Fundamental Skills of Cognitive Behavioral Therapy

1. The empathic flip
2. Identifying reality versus fantasy
3. Enhancing the client emotional presence; facilitating the client to experience emotions
4. Connecting emotions to situations and cognitions
5. Multi-tracking
6. Soliciting beliefs from clients
7. Identifying the language of depowerment and the language of empowerment
8. Embracing core belief cognitive "truths"