Technique Summary for CBT Depressive and Anxiety Disorders

Disorder	Education	ID Automatic Thoughts	Identify Behaviours	Countering	Controlled Exposure	Behavioural Response Prevention	Relaxation	Behavioural Activation	SMART Goals
MDD	Х	x	Х	х				x	х
BAD	х	x	Х	х				x	х
PDD	х	x	х	x				x	х
Adjustment Disorder with depressed mood	х	x	Х	x				x	х
Adjustment Disorder with anxiety	х	x	Х	х	+/-	х	х		х
GAD	х	x	Х	х	x	х	x		х
PD	х	x	Х	x	x	x	x		х
Social Anxiety	х	x	х	x	x	x	x		х
Specific Phobia	Х	x	х	x	x	x	x		х
Panic Attacks	х	x	х	x	x	x	x		х
OCD	х	x	Х	x	x	x	x		х