What is cognitive behavioral therapy (CBT)?

A treatment that can help you understand and change your self-defeating thoughts and behaviors so that you can better manage your physical and mental health.

With CBT you can learn to identify your helpful thoughts and behaviors and use these strengths to manage your health.

CBT gives you skills to help you effectively manage your diabetes or pre-diabetic condition.

Scientific studies demonstrate the importance and effectiveness of CBT for helping people manage chronic medical conditions, including diabetes.

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Managing Diabetes: A Cognitive Behavioral Approach

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A CBT approach to diabetes management could help you if…

You have difficulty managing your diabetes or pre-diabetic condition.

You experience stress related to your illness or other areas of your life.

You find it challenging to start or maintain an exercise, diet, and/or medication regimen.

You experience feelings of depression or anxiety, which are common feelings for people with diabetes.

You are unsure about how to talk to your healthcare providers, friends, or family about your medical condition.

You feel overwhelmed by diabetes.

CBT provides benefits by helping you learn to…

- Better manage your physical and mental health
- Improve your communication skills
- Develop effective strategies for taking your medications as prescribed
- Develop and maintain an exercise routine
- Maintain a healthy diet
- Decrease symptoms of pain
- Manage stress
- Decrease worry
- Improve your mood
- Increase your sense of control
- Enhance your overall well-being

***CBT is covered by most insurance plans under psychotherapy mental health benefits. ***

What does taking charge of diabetes with CBT require?

- An initial 1-hour evaluation with a therapist
- Weekly 45-minute sessions with a therapist (typically a minimum of 6 sessions)
- A willingness to talk with your therapist about your current situation, thoughts, feelings, and goals
- Practice CBT skills outside of sessions
- A desire to work towards achieving your goals

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