**Chapter 8: Core Interventions Skills: Using Cognitive and Behavioral Approaches in Social Work**

Cognitive and behavioral approaches are primary social work interventions. The following website links describe CBT.

[Beck Institute for Cognitive Behavioral Therapy](https://www.youtube.com/watch?v=xmi1dIwV8Bc)

• What is unique about cognitive behavioral therapy (CBT)? How applicable or transferrable is CBT in various practice settings?

• Is CBT appropriate for culturally diverse populations? What does the social worker need to be aware of when using CBT as an intervention for an immigrant family?

[Guide to Cognitive Behavioral Therapy (CBT)](https://www.youtube.com/watch?v=ds3wHkwiuCo)

• What is the focus of CBT? Are there particular behaviors that benefit from CBT?

• Describe the CBT process used for an individual with a fear of germs. Can a person "reclaim" his life with ongoing use of CBT?