

CBT and ACT - What's the difference?

While CBT and ACT are both forms of psychotherapy and share similarities, they have distinct theoretical frameworks and treatment approaches.

	CBT	ACT
Focus	Identifying, challenging, and changing unhelpful thoughts and beliefs.	Accepting thoughts and emotions while committing to actions aligned with personal values
Goal	Reduce psychological distress by altering maladaptive thought patterns.	Build psychological flexibility and live a values-driven life
Techniques	Cognitive restructuring, behavioural experiments, and problem-solving techniques.	Mindfulness, acceptance strategies, and values clarification
Approach to thoughts	Changes what you think.	Changes how you relate to your thoughts.
Outcome	Reduce psychological distress by altering maladaptive thought patterns.	Build psychological flexibility and live a values-guided life

It's important to understand that CBT and ACT are not mutually exclusive, and therapists may integrate elements of both approaches based on the individual's needs and the nature of the presenting problems.