IELTS Reading practice

Paragraph headings

4. *Read the following passage about cognitive behavioural therapy:*

A) Cognitive behavioural therapy (CBT) is a psychotherapeutic approach: a talking therapy. CBT aims to solve problems concerning dysfunctional emotions, behaviours and cognitions through a goal-oriented, systematic procedure in the present.

B) The particular therapeutic techniques vary, but commonly may include keeping a diary of significant events and associated feelings, thoughts and behaviours; questioning and testing cognitions, assumptions, evaluations and beliefs that might be unhelpful and unrealistic; gradually facing activities which may have been avoided; and trying out new ways of behaving and reacting. Relaxation, mindfulness and distraction techniques are also commonly included.

C) Going through cognitive behavioural therapy is not an overnight process for clients; a typical course consists of 12-16 hour-long sessions. Even after clients have learned to recognise when and where their mental processes go awry, it can in some cases take considerable time or effort to replace a dysfunctional process or habit with a more reasonable and adaptive one. CBT is problem-focused and structured towards the client. It requires honesty and openness between the client and therapist, as a therapist develops strategies for managing problems and guiding the client to a better life.

Choose the best headings for paragraphs A, B and C from this list:

LIVEWORKSHEETS

1. A slow process
2. A new type of therapeutic approach
3. The benefits and drawbacks of CBT
4. A goal-oriented therapeutic approach
5. CBT therapists are always honest with their clients
6. The range of CBT interventions

LIVEWORKSHEETS