

## 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:**

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