

## **APLICAȚII ALE TERAPIEI COGNITIV - COMPORTAMENTALE (CBT) ÎN EDUCAȚIE**

**Simona Trip \***

*Universitatea din Oradea, România*

**Martița Popa \*\***

*Școala cu clasele I-VIII, Hidișel, România*

### Abstract

This article is a theoretical framework regarding cognitive-behavioral therapy applications in education. It offers examples of how cognitive-behavioral interventions may help children attend success in school. A school counselor can use cognitive-behavioral techniques in helping students achieving their success by developing their academic, career and personal / social skills. The school counselors also may apply cognitive-behavioral principles in consulting activities.

Keywords: *CBT, education, techniques*

---

\* Universitatea din Oradea, Facultatea de Științe Socio-Umane, Catedra de Psihologie, Str. Universității, nr. 3, Corp X, Oradea, jud. Bihor, România. 410087 E-mail: [spopa@uoradea.ro](mailto:spopa@uoradea.ro)

\*\* Școala cu clasele I-VIII, Hidișel, com. Dobrești, jud. Bihor, România