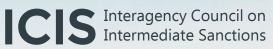


FEBRUARY 2024 Tip of the Month

The COG TREE

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The Cognitive Restructuring (Tree)

(Cogitative Restructuring – Curriculum)

This video talks through the illustration of the Cognitive Restructuring Tree. The analogy of the tree is used to specify the main elements that leads to behavior such as: Thoughts, Feelings, and Beliefs.

Video: The COG Tree

https://youtu.be/vQZmi8NR5Nw