

B	I	N	G	O
Talking therapy	ABC model	Change patterns of thinking	Negative cycle	Dr Aaron T Beck
CBT	Short-term	Evidence based	Activating event	Irritable bowel syndrome
Rational Emotive Behaviour Therapy	Therapist and client work in collaboration	Albert Ellis	Cognitive Revolution	Beliefs
Consequences	Negative thoughts	Depression	Obsessive compulsive disorder	Chronic pain
Eating disorders	Chronic fatigue syndrome	Anxiety	Goal-orientated	Cognitive Behavioural Therapy

B	I	N	G	O
ABC model	Depression	CBT	Eating disorders	Talking therapy
Anxiety	Thoughts feelings behaviours	Therapist and client work in collaboration	Albert Ellis	Negative cycle
Evidence based	Change patterns of thinking	Activating event	Beliefs	Cognitive Revolution
Consequences	Cognitive Behavioural Therapy	Chronic pain	Irritable bowel syndrome	Goal-orientated
Short-term	Obsessive compulsive disorder	Rational Emotive Behaviour Therapy	Dr Aaron T Beck	Chronic fatigue syndrome

B	I	N	G	O
Anxiety	Goal-orientated	Activating event	Eating disorders	Albert Ellis
Short-term	Talking therapy	Cognitive Revolution	Depression	Rational Emotive Behaviour Therapy
Obsessive compulsive disorder	CBT	Chronic pain	Therapist and client work in collaboration	CBT Triangle
Irritable bowel syndrome	Negative cycle	Thoughts feelings behaviours	Negative thoughts	Change patterns of thinking
Cognitive Behavioural Therapy	Dr Aaron T Beck	Beliefs	ABC model	Evidence based