



# Cognitive Behavioral Therapy

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# DEFINITION

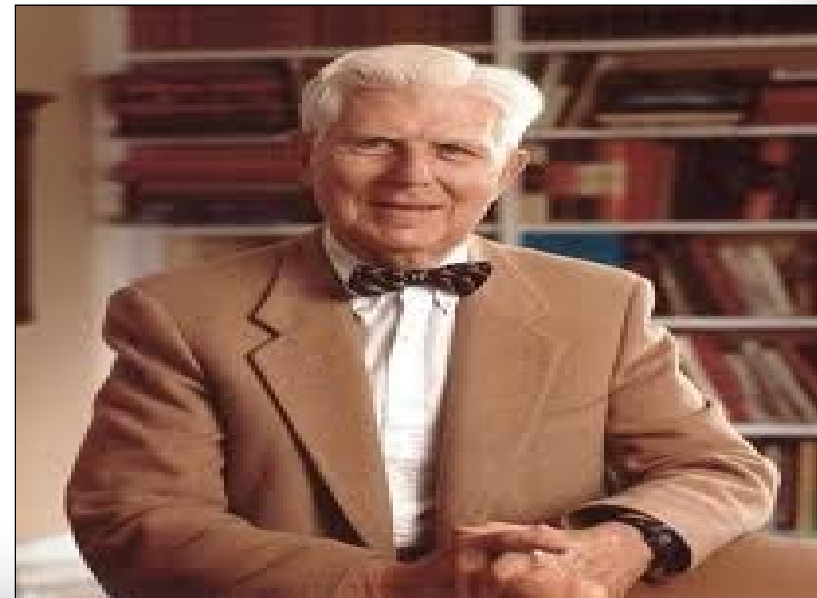
“CBT is a form of psychotherapy. It is a process of teaching, coaching, and reinforcing positive behaviors. CBT helps people to identify cognitive patterns or thoughts and emotions that are linked with behaviors.”





# Aaron Beck's Cognitive Behavior Therapy

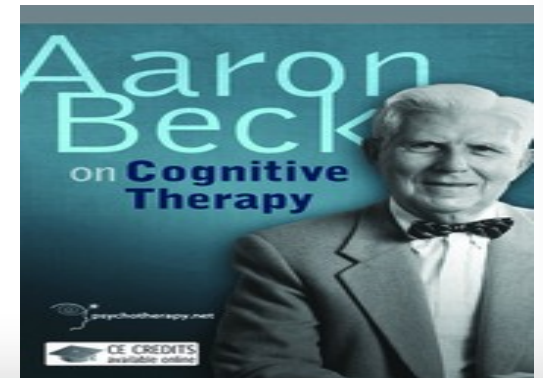
- Aaron Beck was psychoanalytic psychotherapists.
- In early 1960 Aaron Beck developed an approach known as cognitive therapy as a result of his research on depression.





# Aaron Beck's Cognitive Behavior Therapy

- Aaron Beck observations of depressed clients revealed that they had a negative bias in their interpretation of certain life vents, which contributed to their cognitive distortions.
- Beck called it cognitive therapy because of the importance it places on thinking. It's now known as cognitive-behavioral therapy (CBT) because the therapy employs behavioral techniques as well.





# Medical Uses

- CBT was originally designed to treat Depression.
- Now, CBT is used in many disorders:

Mood  
Disorders

Anxiety

Personality  
Disorders

Eating  
Disorders

Addiction

Dependence

Tic

Psychotic  
Disorder



# Types of CBT

## Brief CBT

- A form of CBT which has been developed for situations in which there are time constraints on the therapy sessions.
- BCBT takes place over a couple of sessions that can last up to 12 accumulated hours by design

## Cognitive emotional behavioral therapy

- a form of (CBT) developed initially for individuals with eating disorders but now used with a range of problems including anxiety, depression, OCD, PTSD and anger problems.
- It combines aspects of CBT and Dialectical Behavioural Therapy and aims to improve understanding and tolerance of emotions in order to facilitate the therapeutic process.



# Types of CBT

## Structured cognitive behavioral training

- SCBT has been used to challenge addictive behavior, particularly with substances such as tobacco, alcohol and food; and to manage diabetes and subdue stress and anxiety.

## Moral reconnection therapy

- A type of CBT used to help felons overcome Anti-Social Personality Disorder, slightly decreases the risk of further offending

## Stress Inoculation Training

- This type of therapy uses a blend of cognitive, behavioral and a some humanistic training techniques to target the stressors of the client.
- This usually is used to help clients better cope with their stress or anxiety after stressful events



# ELEMENTS OF CBT





# Elements of CBT

- CBT has several defining elements. They are as follows:

## ACTIVE:

- The client must be involved in the therapeutic process not as an observer or as an occasional visitor, but as a core and key participant.

## MOTIVATIONAL:

- The therapist needs to take responsibility for helping to motivate the client toward a change in behavior, affect, or thinking. The therapist must be able to set up the format, and rationale for the client to consider change of value.

## DIRECTIVE:

- The therapist must be able to develop a treatment plan and then to help the client to understand, contribute to, and see the treatment plan as a template for change.



# Elements of CBT CONT.

## STRUCTURED:

- CBT is structured in two ways. First, the overall therapy follow structure that approximates the treatment plan. Sessions have identifiable beginning, middle and end.

## COLLABORATIVE:

- Therapeutic collaboration cannot be 50/50. for severe depressed client the possibility to generate 50% of the therapeutic effort is impossible. Initially, the collaboration may be 90/10. For each client, the therapist must evaluate the client's ability and motivation for the therapy.

## PROBLEM-ORIENTED:

- CBT focuses on discrete problems rather than vague and amorphous goals of feeling good, getting better, or increasing self-esteem



# Elements of CBT Cont.

## **PSYCHO EDUCATION:**

The therapist works as a change agent. Many to problems that bring people therapy involve skills deficits. The therapist may have to teach by direct instruction , modeling, role playing.

## **SOLUTION- FOCUSED:**

The CBT therapists works with the client on generating solutions not simply gaining insight into the problem.

## **DYNAMICS:**

The dynamic level of CBT is to help clients to identify, understand, modify their schema. The schema are the basic templates for understanding one's world. Schema may be personal, religious, cultural, gender-related.

## **TIME- LIMITED:**

Each therapy session should, ideally , stand alone. A time-limited focus is not a number of sessions, but rather way of looking at therapy.



# TECHNIQUES OF CBT



# Techniques of CBT

The cognitive behavioral therapy techniques are an interesting set of exercises that help modify a person's behavioral patterns. The behavioral patterns are modified in order to bring about positive changes in the personality.



# Cognitive Rehearsal

In this technique, the patient is asked to recall a problematic situation of the past.



The therapist and client both work together to find out a solution for the problem or a way in which the difficult situation, if it occurs in the future can be sorted out.



The therapist asks the client to rehearse positive thoughts cognitively in order to make appropriate changes to the latter's thought processes.



Power of imagination proves to be of great use in such exercises.





# Validity Testing

In this techniques the therapist tests validity of beliefs/thoughts of the client.

The client is allowed to defend his viewpoint by means of objective evidence.

The faulty nature or invalidity of the beliefs of the client is exposed if he/she is unable to produce any kind of objective evidence.



# Writing in a Journal

It is the practice of maintaining a diary to keep an account of situations that arise in day-to-day life.

Thoughts that are associated with these situations and the behavior exhibited in response to them are also mentioned in the diary.

The therapist and client together review the matter written in the journal and find out maladaptive thought pattern.

The discussion that takes place between them proves to be useful in finding different ways in which behavior of the client gets affected





# Guided Discovery

The objective or purpose behind using this technique is that of helping clients by enabling them to understand their cognitive distortions.



Clients are made aware of and assisted by therapists in understanding how they process information.



The activity of understanding how information is processed allows clients to alter the same (information processing) if required.



# Guided Discovery

Basically, the client's perception of the world undergoes great change and he/she sees things in a different way than earlier.



This change in perception allows the client to modify his/her behavior in a better manner.



# Modeling

It is one of the cognitive therapy techniques in which therapists perform role-playing exercises aimed at responding in a way that is helpful to overcome difficult situations.

The patient makes use of this behavior of the therapist as a model in order to solve problems he/she comes across.



# Homework

The homework is actually a set of assignments given by therapists to patients.

The patient may have to take notes during sessions with therapists, review audiotapes of a particular session or read articles/books related to the therapy.

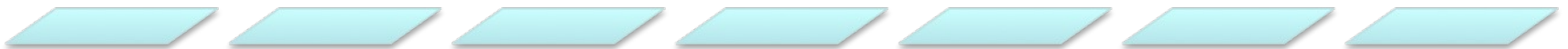


# Aversive Conditioning

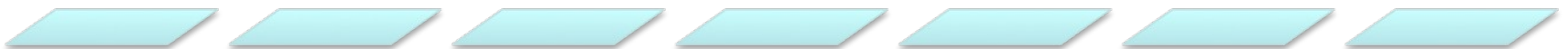
Amongst the different CBT techniques used by therapists, aversive conditioning technique makes use of dissuasion so as to lessen the appeal of a maladaptive behavior.



The patient while being engaged in a particular behavior or thought for which he has to be treated, is exposed to an unpleasant stimulus.



Thus, the unpleasant stimulus gets associated with these thoughts/behavior and then the patient exhibits an aversive behavior towards them.





# Systematic Positive Reinforcement

The systematic positive reinforcement is one of the techniques of CBT therapy in which certain (positive) behavior of a person are rewarded with positive reinforcement.

A reinforcement system is established for the of certain positive behavior.

Just like positive reinforcement proves to be helpful in encouraging a particular behavior, withholding the reinforcement deliberately also is instrumental in eradicating a maladaptive behavior.



# Self-Instructional Methods

In self-instructional coping methods, the therapist attempts not to completely change the way you think, but rather teaches coping methods that equip you to handle harmful thought processes. One such therapeutic process is stress inoculation training.

This therapy -- which helps the patient deal with stressful events' aftermath -- aims to prevent negative reactions to stress-inducing factors by teaching the patient to break down these situations into short-term and long-term coping goals



# Problem-Solving Methods

Cognitive-behavioral therapy -- which sees irrational thought processes as resolvable -- incorporates problem-solving methods. After illogical thought patterns are found, the patient must suggest several alternative solutions.

Through the decision-making process, negative solutions are weeded out until an acceptable, positive approach is discovered. This type of therapy sometimes is used in child psychotherapy when dealing with oppositional defiant disorder.





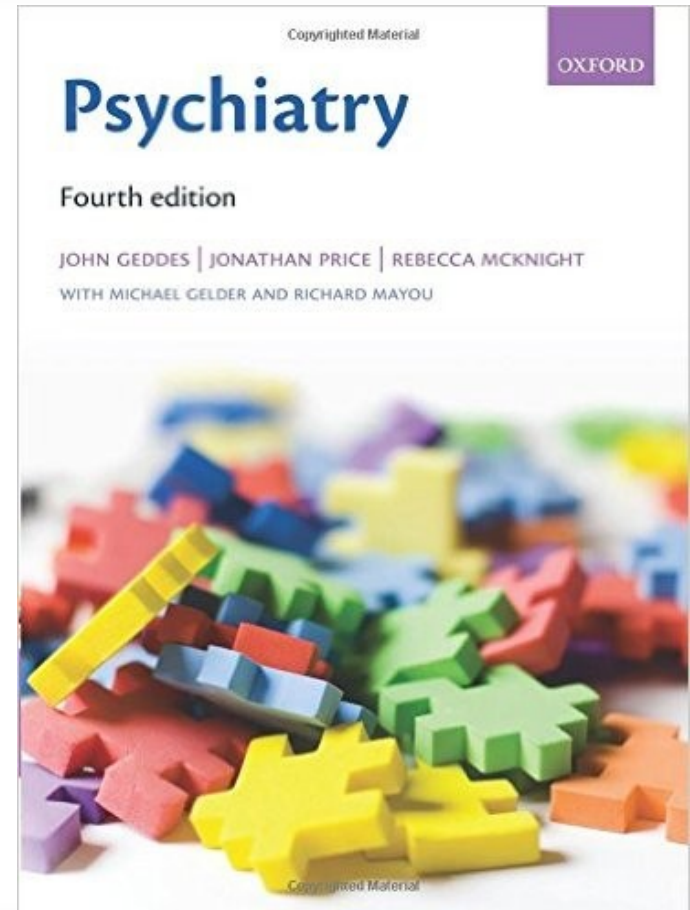
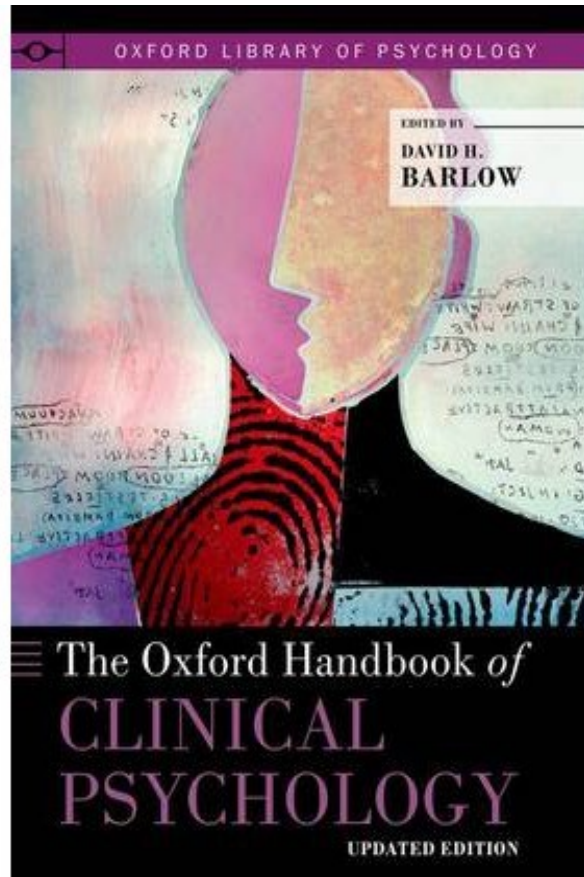
# Computer-Assisted Therapy

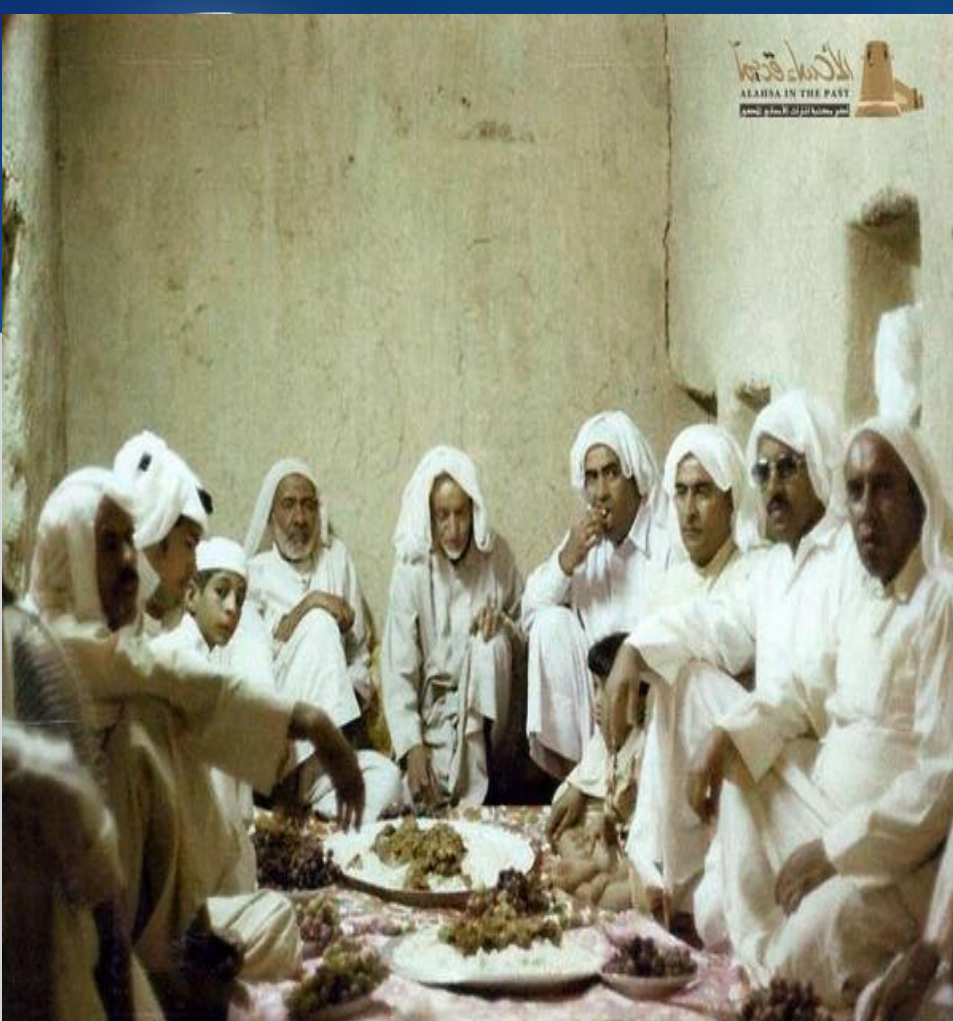
One method of conducting cognitive-behavioral therapy is through computer-based programs. This therapy tends to decrease time spent with an actual therapist.

Since computer-assisted CBT is relatively new, as of publication, most of the information is in the testing phase.



# References





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#الأحساء

هيئة سيلة الشارقة and هيئة السيلة والآثار. سيلة الأحساء



# Thank You