

Cognitive Behavior Therapy

Important Points

- Definition
- Historical background
- Combination of two therapies (cognitive therapy and behavior therapy)
- CBT and the interaction of thoughts, feelings and thoughts
- CBT model

Definition

- Cognitive-behavioral therapy (CBT) is a practical, short-term form of psychotherapy.
- It helps people to develop skills and strategies for becoming and staying healthy.

Definition

- CBT focuses on the here-and-now on the problems that come up in day-to-day life.
- CBT helps people to examine how they make sense of what is happening around them and how these perceptions affect the way they feel.

Historical background

- Cognitive behavioral therapy was invented by a psychiatrist, Aaron Beck, in the 1960s.
- He was doing psychoanalysis at the time and observed that during his analytical sessions.
- Internal dialogue

Historical background

- Automatic thoughts
- Beck realized that the link between thoughts and feelings was very important

Combination of two therapies (cognitive therapy and behavior therapy)

- The basis of both these techniques is that healthy thoughts lead to healthy feelings and behaviors.

Cognitive therapy

- The aim of cognitive therapy is to change the way the person thinks about the issue that's causing concern.

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Cognitive therapy

- Negative thoughts cause self destructive feelings and behaviors.
- For example, someone who thinks they are unworthy of love or respect may feel withdrawn in social situations and behave shyly. Cognitive therapy challenges those thoughts and provides the person with healthier strategies.

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Behavior therapy

- Behavior therapy teaches the person more helpful behaviors.
- For example, they may be taught conversational skills that they practice in therapy and in social situations. Negative thoughts and feelings reduce as the person discovers they can enjoy themselves in social situations.

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- The aim of behavior therapy is to teach the person techniques or skills to alter their behavior.
- For example, a person who behaves shyly at a party may have negative thoughts and feelings about themselves. They may also lack social skills.

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What is Disordered

CBT:

- is structured
- is time-limited (usually 6-20 sessions)
- is problem-focused and goal-oriented
- teaches strategies and skills
- based on a **poaitive**,
- shared therapeutic relationship

When CBT is used

- Manage symptoms of mental illness
- Prevent a relapse of mental illness symptoms
- Treat a mental illness when medications aren't a good option
- Learn techniques for coping with stressful life situations
- Identify ways to manage emotions

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When CBT is used

- Phobias
- Obsessive-compulsive disorder (OCD)
- Eating disorders
- Substance use disorders
- Schizophrenia
- PTSD

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When CBT is used

- Resolve relationship conflicts and learn better ways to communicate
- Cope with grief or loss
- Overcome emotional trauma related to abuse or violence
- Cope with a medical illness
- Manage chronic physical symptoms

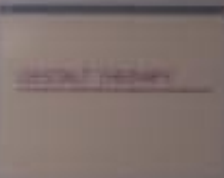
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When CBT is used

Mental health disorders that may improve with CBT include:

- Sleep disorders
- Sexual disorders
- Depression
- Bipolar disorders
- Anxiety disorders

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Who provides CBT?

- Counselors
- Psychologists
- Therapists
- either in one-on-one therapy sessions
- small groups or online.

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Procedure

Your first therapy session

- His or her approach
- What type of therapy is appropriate for client
- The goals of your treatment
- The length of each session
- How many therapy sessions you may need

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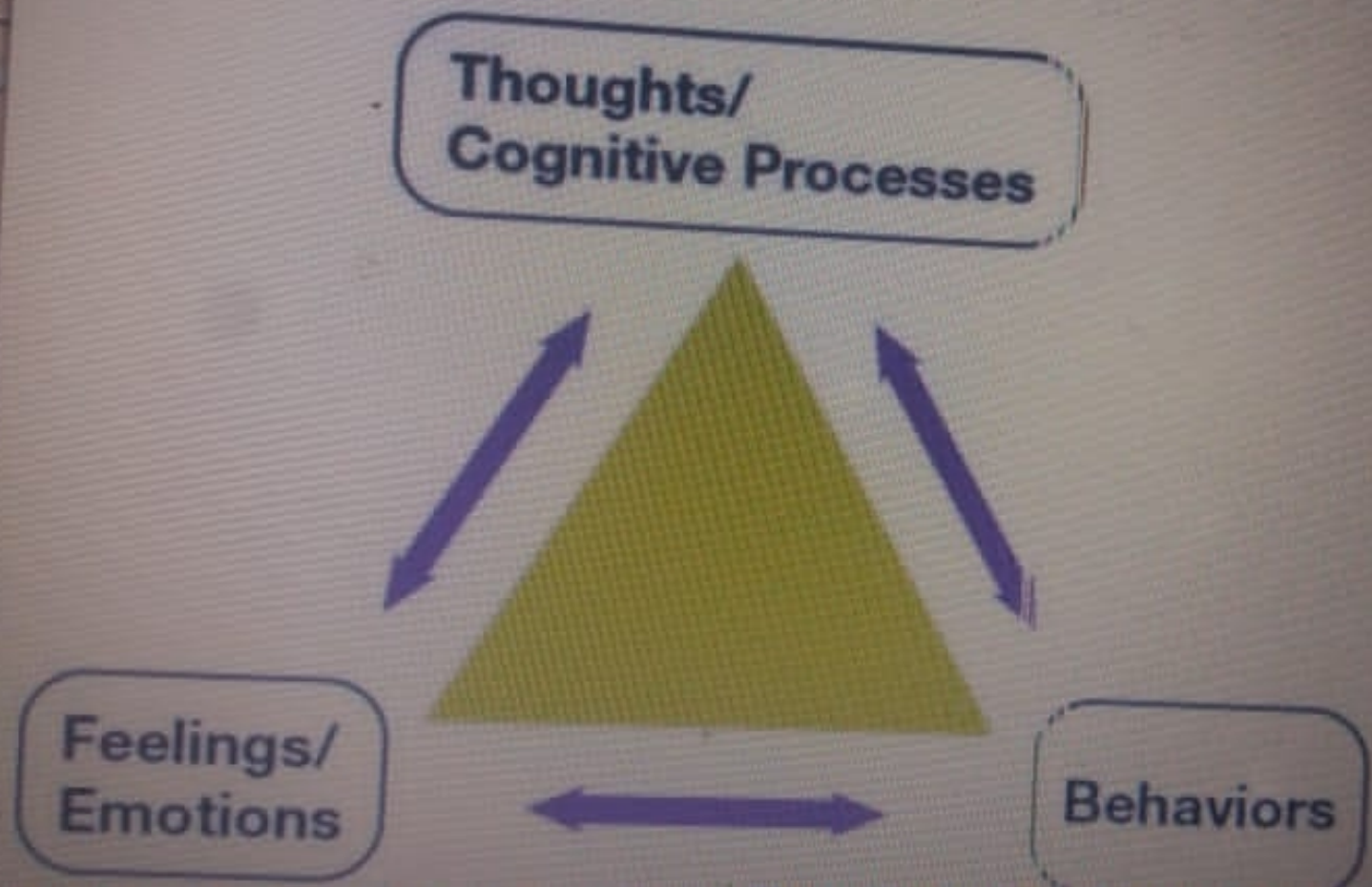


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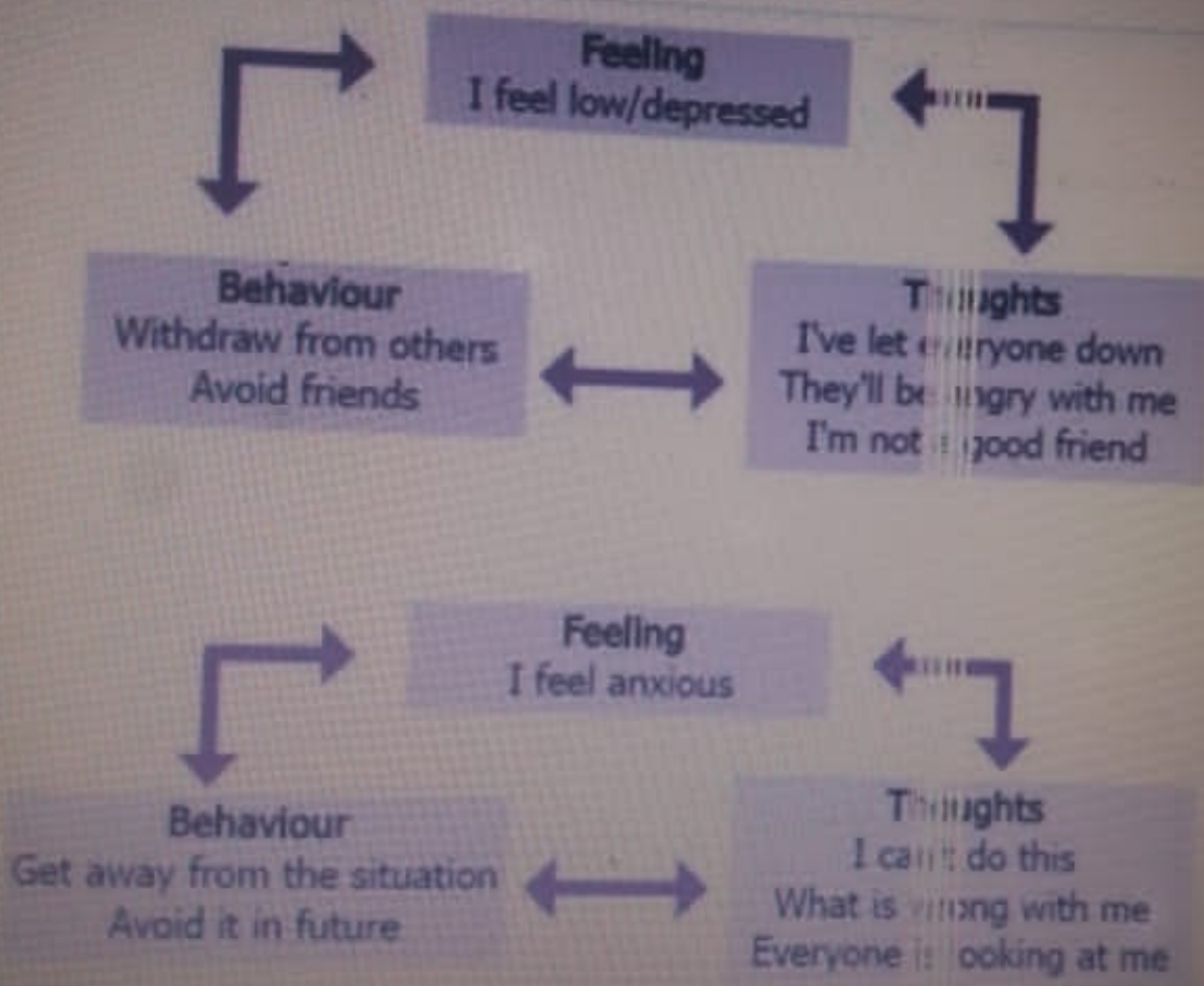
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Steps in CBT

Become aware of your thoughts, emotions and beliefs about these problems.

- self-talk
- your interpretation of the meaning of a situation,
- and your beliefs about yourself,
- other people and events.

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Steps in CBT

- CBT typically includes these steps:

Identify troubling situations or conditions in your life.

- These may include such issues as a medical condition, divorce, grief, anger or symptoms of a mental illness.
- You and your therapist may spend some time deciding what problems and goals you want to focus on.

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Steps in CBT

Identify negative or inaccurate thinking.

- Therapist may ask you to pay attention to your physical, emotional and behavioral responses in different situations.

Reshape negative or inaccurate thinking.

- Long standing ways of thinking about your life and yourself.

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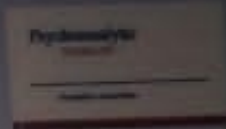


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CBT Techniques

- Acceptance And Commitment Therapy (ACT).
- Applied Behavior Analysis (ABA).
- Compassion Focused Therapy (CFT).
- Journaling.
- Cognitive Restructuring (CR).

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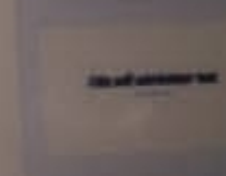
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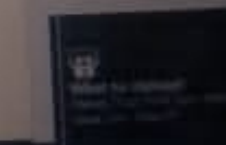
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Acceptance and commitment therapy (ACT)

- trying to teach people to better control their thoughts, feelings, sensations, memories and other private events (shame, guilt, embracing moments).
- ACT aims to help the individual clarify their personal values and to take action on them, bringing more vitality and meaning to their life in the process, increasing their psychological flexibility.

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Compassion focused therapy (CFT)

- Transform problematic patterns of cognition and emotion related to anxiety, anger, self-criticism.
- CFT is useful for working with diverse conditions such as depression, anxiety, trauma, and psychosis.

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Applied behavior analysis (ABA)

- **Behavior modification:** attempting to change behavior without clarifying the relevant behavior-environment interactions.
- **ABA:** assessing the functional relationship between a targeted behavior and the environment.
- develop socially acceptable behaviors that replace socially unacceptable behaviors.

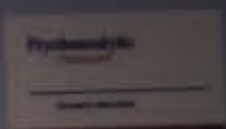
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Cognitive Restructuring

- Identification of problematic cognition or thoughts.

(dysfunctional or negative views of the self, world).

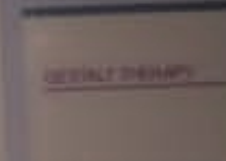
- Develop alternative thought.
- Act.



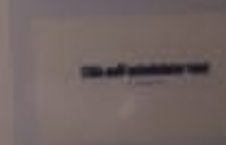
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CBT and Medication

- Medication is not always needed.
- CBT can be as effective as medication in the treatment of depression and anxiety.
- Produce the best results.
- For example, bipolar disorder usually benefit from medication that helps control their mood swings.

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Journaling

- A journal is a record of your thoughts and views.
- Your journal documents your reactions to people, ideas, situations, and what you read or see.
- Journaling allows you to record and preserve the intellectual and emotional events of your life; however, a journal is not a diary.

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Length of therapy

- CBT is generally considered short term therapy about 10 to 20 sessions.

Factors to consider include:

- Type of disorder or situation
- Severity of your symptoms
- How long you've had your symptoms or have been dealing with your situation
- How quickly you make progress
- How much stress you're experiencing
- How much support you receive from family members and other people

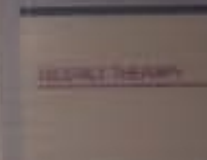
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Journaling

- You are not writing about every thought or event.
- choosing those you feel may have worth to you.
- Sometimes we don't know how an experience will affect us.

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Risks

- exposure therapy: may require you to confront situations you'd rather avoid such as airplanes if you have a fear of flying. This can lead to temporary stress or anxiety.
- However, working with a skilled therapist will minimize any risks. The coping skills you learn can help you manage and conquer negative feelings and fears

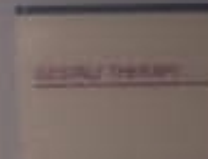
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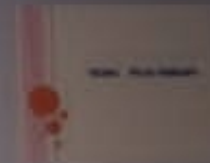
Risks

- it can explore painful feelings
- emotions
- Experiences
- may feel emotionally uncomfortable
- may cry
- get upset
- feel angry
- physically drained.

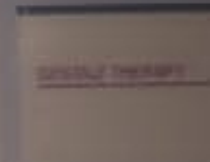
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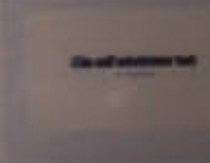
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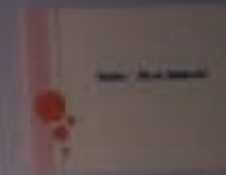
Disorders

- Autism spectrum disorder
- Criminal behaviour
- Substance abuse
- Phobias

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