Cognitive Behavioral Therapy

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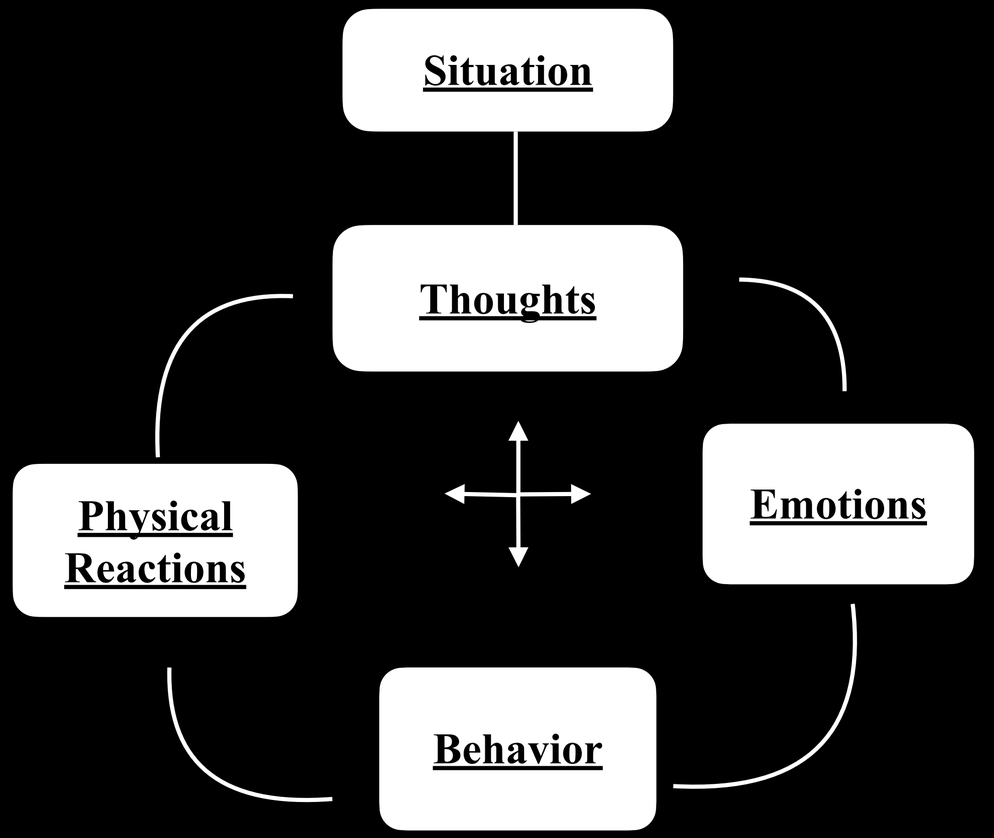
What is Cognitive Behavioral Therapy? (CBT)

Cognitive Behavioral Therapy was started by Aaron Beck in 1960. CBT is a talk therapy that can help clients manage their problems by changing the way they think and behave. (Murdock, 2017)



Why CBT?

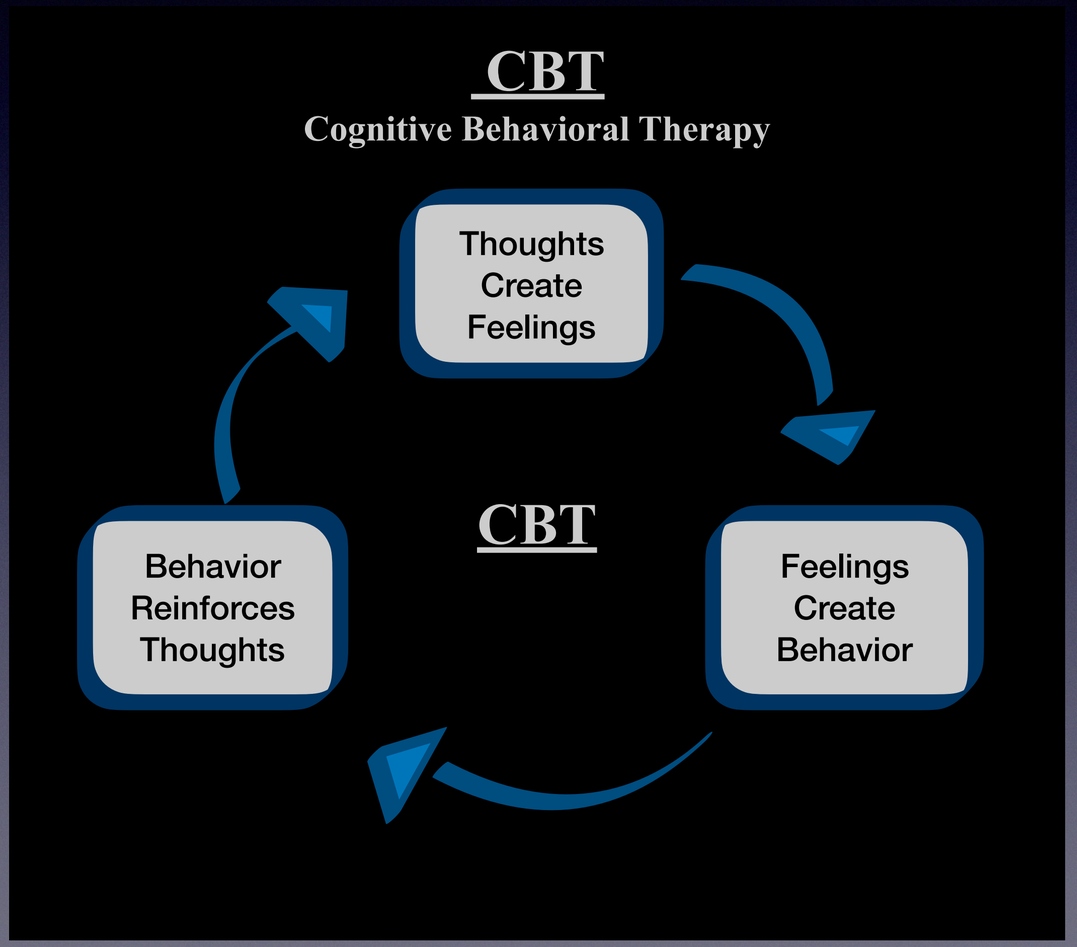
CBT approach encompasses a plethora of techniques. These approach have the focus of our thoughts, emotions and behaviors. (Murdock, 2017) CBT is known to be an effective way of treating a number of different mental health conditions.

Such as:

- Depression or anxiety disorders,
- Post- Traumatic stress disorder (PTSD)
- Phobias
- Panic disorder
- Borderline personality disorder
- Insomnia

Concepts of CBT

The cycle of CBT
can create an environment for
one to get stuck.



CBT View of Human Nature

- The Human Nature of CBT is that individuals have the ability of rational and irrational thinking. (Murdock, 2017)
- This thinking causes the behavior that is often identified as the issue when in reality it is the symptom of faulty thinking. (King, 2019)

CBT's View of Disfunction/Change

- Identify the disfunction
- Identify where the disfunction is coming from
- Learn to recognize the root of the disfunction and reevaluate the disfunction in light of reality. (Leahy, R. L, 2017)
- Challenge the negative thoughts/behavior
- Set goals for change/learn skills to help
- Apply to current and future situations

The Roles of The Counselor

- To help the client understand their thoughts and behaviors.
- Seek to learn what their clients want out of their life and what goals they have.
- To help their clients achieve those goals and influence those thoughts and behaviors for the better.

The Roles of The Client

- Express their concerns
- Help plan their goals
- To learn
- To implement what they have been learning into their daily lives.

Strengths of CBT

- Gives hope to their clients.
- Quickly identifying and how cope with the current problems.
- Builds self-esteem
- Helps create a more rational thought process

Limitations of CBT

- CBT addresses thoughts of an individual and that is just one portion of a persons life. There are many other areas that need to be addressed in ones life. (Leahy, R. L, 2017)
- Just like each theory they may not work for each individual and their unique situations.

Reference

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