



## Cognitive Behavioral Therapy

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### Introduction

Cognitive behavioral therapy is a kind of psychotherapeutic that helps the people to recognize and to change their negative impact on feelings and emotions. Cognitive behavioral therapy shows focal point on negative impact such as, depression, anxiety, and these negative thoughts shows impact on mood. CBT also focus on master plans to control or overcome the thoughts, this includes relaxation process and mental distraction:

CBT is also based on ideas, emotions, feelings of person thought, According to cognitive behavioral therapy who were not able to change their condition they helps to change their behavior, feelings and emotions, And also these treatment is useful for alcohol and drug abuse and realizing the situations of ability to drink alcohol and use drugs. And also improves self-control.

### Types of Cognitive Behavioral Therapy

CBT focus on changing the patterns of emotions, thinking, behavioral, responses.

**Dialectical behavioral therapy:** It also focuses on behavior and thoughts such as mindfulness and emotional regulations.

**Multimodal therapy:** Advice the psychological issue that may treat by using different seven modalities such as effect, sensation, cognition, behavior, imagery, drug consideration and inter personal factors.

**Rational emotive behavior therapy:** Recognize irrational beliefs, challenging beliefs and finally identifies the changes in this thought patterns

### CBT Strategies

It helps to learn how to create thoughts, behavior, and emotions to a dysfunctional people. The process may be difficult to change their behavior but it eventually leads to self-questioning these are the essential part of treatment process.

**Practice new skills:** It is important to learn practicing new skills that may be useful in real life situations It is important to learn practicing new skills that may be useful in real life situation.

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**Set goals:** Goal setting is an important step for those who are suffering with mental illness it helps to change their life and health. The therapist also advice you by counseling or determining between short and long term goals.

**Problem solving:** Learning problem solving helps to identify and solve the problems which may appear in real life and also reduce negative thoughts of physical illness. It involves 5 steps:

1. Identifying the problem;
2. Create a list of solutions
3. Estimate the strengths and weakness of solution
4. Choosing the solution to apply
5. And applying the solution

**Self-monitor:** Self-control is an important part of CBT that involves experiences; symptoms should be shared with therapist. Self-control can make therapist to give best treatment by sharing the information needed.

### Uses

In addition to depression or anxiety, CBT also helps to treat the disorder like

1. Bipolar disorder
2. Panic disorder
3. Post-traumatic stress disorder
4. Psychosis
5. Obsessive compulsive disorder

### How CBT works

CBT based on idea of feeling, negative thoughts, physical sensations in real life world. It helps to change negative feelings to improve the way you feel. CBT gives your current problems comparatively than talking treatments and focusing issues from past year

### CBT and Medication

Medication is always not needed. CBT is most effective in the treatment of depression and anxiety. In other cases you and your therapist must decide medication with CBT that gives best results. CBT is also a useful tool for emotional challenges

1. Manage medical illness
2. Manage physical symptoms
3. Treat medical illness

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