

## **Cognitive Behavioral Therapy**

Cognitive Behavioral Therapy (CBT) is a therapy that is involved with the Cognitive approach to Psychology. It is a specific method that involves speaking about how a person is feeling about him or herself, the world around them and also other people. It also takes in to account how the person's actions can change their own thoughts and feelings.

The use of this manner of therapy can also aid someone in changing the ways in which they think and what they actually do. The cause of abnormal behavior is caused by maladaptive thought processes that we may undergo. Maladaptive behavior is behavior that does not allow a person to lead a normal life. When speaking of it in a biological sense, it is animal behavior that prevents breeding. The use of CBT can alter the thinking patterns of a person which will ultimately let them behave more normally. The thinking part of this process is otherwise known as the 'Cognitive' part and what the person does is know as their 'Behavior'. By making these changes to a person's life, they are able to feel better about themselves. Although other therapies are known to look at the problems a person may have had in the past, CBT tends to look more at the present problems that the person has to face and ways of advancing their state of mind.

There are a number of illnesses that CBT has been proven to work effectively on. These include;

1. Anxiety
2. Depression
3. Panic
4. Phobias e.g. Agoraphobia
5. Social phobia
6. Bulimia
7. Obsessive compulsive disorder
8. Post traumatic stress disorder
9. Schizophrenia

The way in which CBT works effectively on such problems is that it breaks down the problems that the person is experiencing into smaller parts. By doing this, the ways in which these problems

are connected to you and how they affect you become more visible. The problems are broken down as follows;

1. A Situation- a problem, event or a difficult situation
2. Other areas linked to this are;
3. Thoughts
4. Emotions
5. Physical feelings
6. Actions

Each of the above areas can affect each other, for example the way in which you think about a problem you are facing can alter the way you are feeling both physically and emotionally. This can also affect what we actually do about it.

Another therapist involved in CBT was Aaron Beck (1976). Beck argued that when dealing with cases of depression, that the negative and unrealistic feelings should be uncovered and challenged. Beck's also stated that he believe the cognitive triad to be very important. This is made up of the negative thoughts a depressed person has about themselves, the world and the future. In such cases, the patient may see themselves as being helpless, worthless and inadequate.

When looking at the effectiveness of CBT, a number of factors need to be taken into account.

Cognitive and Cognitive Behavioral Therapy combines the two methods and seeks to listen to the patients take on the world. In the end, they can both help to alter behavior both directly and indirectly.