

## Psychological Treatment Using Cognitive Behavioral Therapy (CBT)

Hossein Tabatabaei-Jafar\*

Department for Mental Health Research, Australian National University, Canberra, Australia

### ABOUT THE STUDY

Cognitive Behavioral Therapy (CBT) is a type of psychotherapeutic treatment that is most commonly used to treat mental disorders like anxiety and depression. The objective is to change the negative thoughts which carry detrimental influence on mood, contributing to worsen emotional difficulties into pleasant thinking ability. CBT can be used alone or along with medication and other therapies. CBT therapy is also used for short-term disorders such as bipolar disorder, eating disorders, schizophrenia and long-term disorders such as Irritable Bowel Syndrome (IBS), Chronic Fatigue Syndrome (CFS) and fibromyalgia as well.

Cognitive behavioral therapy is a tool for treating and managing a wide range of mental disorders and emotional challenges. People of all ages (including children) can receive CBT. The course of treatment usually lasts for about 5 to 20 sessions, each session lasting for about 30-60 minutes. Usually, it is recommended to attend the sessions once a week or once every 2 weeks. The therapist closely observes the patient and analyzes the problem of the patient to help change the thoughts and behaviors of the patient.

Ultimately, the analyzed areas and the solution discussed with the patient should be practiced by the patient.

#### Types:

- Cognitive therapy
- Dialectical Behavior Therapy (DBT)
- Multimodal therapy
- Rational Emotive Behavior Therapy (REBT)

### Procedure

**Understanding the problem (problem assessment):** At the start of therapy, an interactive session between the patient and therapist is scheduled to discuss the challenges patient is dealing with, about the symptoms noticed, and any other concerns that the patient has. It is crucial to know if the patient has been diagnosed with a mental illness. This important first step will help to set goals for the therapy.

**Questioning session:** Depending on the patient's situation, therapist may ask patients questions. Therapist might discuss an incident in patient's past, fears or phobias, troubling behaviors, or patient thoughts and feelings. Together, the patient will explore the answers that gains insight to respond to the challenges in life. Through interactive question-and-answer sessions, the therapist will encourage patient to pay close attention to how to respond to tough situations. Working together to identify unhealthy emotions, beliefs or behaviors may contribute to resolve the patient's troubles. Therapist may ask patient to maintain a journal of these conduction and patient responses to them.

**Therapy outcome:** Patient's therapist will help to find ways to change negative emotions, thoughts and habits. Patient can change their perspective and adopt positive thought patterns and behaviors.

### Advantages

- It allows enhancing the feelings and moods.
- It is helpful in cases where medicine alone has not worked.
- Relatively short period of time compared with other talking therapies.
- Teaches therapist useful and practical strategies that can be used in everyday life.

### Disadvantages

- It may not be suitable for people with more complex mental health needs or learning difficulties, as it requires structured sessions.
- It involves confronting patient emotions and anxieties may experience initial periods where patients anxious or emotionally uncomfortable.

## CONCLUSION

Various exploration studies propose that CBT results in huge improvement of working and personal satisfaction. In many investigations, CBT has been shown to be just about as compelling as, or more viable than, different types of mental treatment or mental drugs. It is critical to understand that

**Correspondence to:** Dr. Hossein Tabatabaei-Jafar, Department for Mental Health Research, Australian National University, Canberra, Australia, Tel/Fax: +44 (0)300 019 6175; E-mail: hossein.jafaribaei@anu.edu.au

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advances in CBT have been made based on both exploration and clinical practice. Indeed, CBT methodology has more evidences that the strategies are potential in improving the

quality of life. As such, CBT varies from numerous different types of mental treatment has a wide scope for the future studies.