

Cognitive Behavioral Therapy (CBT) for the Psychological Disorders

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DESCRIPTION

Cognitive Behavioral Therapy (CBT) has been shown to be effective in a variety of problems, including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and serious mental illness. It is a kind of psychotherapy. Many research studies have shown that CBT can lead to significant improvements in function and quality of life. Many studies have shown that CBT is as effective as or more effective than other forms of psychotherapy and psychiatric drugs. It is important to emphasize that CBT progress is based on both research and clinical practice. In fact, CBT is an approach with sufficient scientific evidence that the developed method actually makes a difference. Thus, CBT differs from many other forms of psychological treatment. Cognitive Behavioral Therapy (CBT) helps people eliminate avoidant and safety-seeking behaviors that prevent self-correction of defective beliefs, thereby promoting stress management, reducing stress-related disorders, and mental health. To improve the current review assesses the effectiveness of CBT under stressful conditions in the clinical and general population and identifies recent advances in CBT-related techniques.

Changes in thinking patterns due to CBT treatment-Learn to recognize the biases that cause problems and reassess them in the light of reality. Deepen your understanding of the behavior and motives of others. Use problem-solving skills to deal with difficult situations. Learn to build confidence in your abilities.

Behavioral pattern changes by CBT treatment includes:

- Face your fears, do not avoid them.
- Use role-playing to prepare for potentially problematic interactions with others.
- Learn to calm your mind and relax your body.

Not all CBT use all of these strategies. Rather, psychologists and patients/clients work together to better understand the problem and develop treatment strategies. CBT focuses on helping individuals learn to become their therapists. Through in-session exercises and out-of-session homework, patients/clients can be supported in developing coping skills, through which they can learn to change their thoughts, problematic emotions and behaviors. The CBT therapist does not lead to difficulties, but emphasizes what is happening in the person's current life. You need some information about your history, but the focus is primarily on moving forward in time to develop more effective ways to deal with life. CBT for schizophrenia and other psychotic disorders

A meta-analysis investigating the effectiveness of psychological treatments for schizophrenia has shown a beneficial effect of CBT on the positive symptoms of schizophrenia (i.e., delusions and/or hallucinations). There was also evidence that CBT is a particularly promising adjunct to drug therapy for schizophrenic patients suffering from acute episodes of psychosis rather than a more chronic condition.

CBT appeared to have little effect on recurrence or hospitalization compared to other interventions such as early intervention services and family interventions. However, CBT has had a positive effect on secondary results. For example, confirmed results from recent and previous meta-analyses of controlled CBT trials in schizophrenia show that CBT has a small to moderate effect size in both positive and negative symptoms compared to control conditions. In this meta-analysis revealed that the medium effect sizes for improvements in secondary outcomes that were not the direct targets of treatment, including general functioning, mood, and social anxiety.

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