Cognitive Behavioral Therapy

7 Ways to Retrain your brain and Change your Life (Revised & Expanded) and Freedom from Intrusive Thoughts, Anxiety, Depression, Anger & Panic Attacks

Introduction

1. WHAT IS COGNITIVE BEHAVIORAL THERAPY?

Cognitive Behavioral Therapy (CBT) is a short-term and goal-oriented form of psychotherapy that seeks to help patients modify harmful or dysfunctional emotions, behaviors or thoughts by examining, confronting and removing negative or improper beliefs. CBT is focused on solutions, thus the goal of this type of talk therapy is able to help you manage your own problems by addressing how you think and behave in practical and actionable ways.

CBT has its foundations in Rational Emotive Behavioral Therapy (REBT) developed by Albert Ellis in the 1950s. This forefather of CBT sought to find solutions to the emotional and behavioral problems that stop people from leading more successful and satisfying lives. REBT was based on the idea that people develop mistaken conclusions about their personal situations and lives that in time cause great disturbance. However, REBT seeks to confront these beliefs and by challenging them, change them. These strictures are very similar to those followed in modern day CBT.

This type of therapy was the brainchild of psychiatrist Aaron Beck in the 1960s in reaction to what he saw as the inconsistencies and flaws of Freudian psychoanalysis. This is why CBT has such an imminently practical

and empirical approach. When treating patients, Beck noted that many had a current of what might be called an internal dialogue constantly taking place in their mind. Essentially, they were constantly talking to themselves and, he noted, these dialogues could have a significant follow on affect on their mood and frame of mind. He termed these emotion-filled thoughts that constantly occupy our steam of consciousness "automatic thoughts". Moreover, he realized that although these thoughts could in fact exert an effect on behavior, most people were not consciously aware that they were having them. Thus, during sessions patients were not generally sharing these types of thoughts with him, or any other therapist. However, Beck realized that if a person could learn to isolate and pick out these thoughts they could enact some real change in their lives.

Working with these thoughts and perceptions is the foundation of CBT for when these are not addressed these can adversely affect a person's behavior. the importance of thinking in this type of treatment is also why CBT has the C for Cognition in its name. The B for behavior was added as the inclusion of feelings and physical into the process was also recognized as important. CBT is generally used as part of a treatment plan for anxiety and depression. However, it is also used for the types of mental and physical and health problems.

How does CBT work?

CBT therapy is based upon the concept that negative feelings and thoughts can leave you stuck in a vicious cycle — that feelings, thoughts, physical sensations, and actions are all intertwined. This is why CBT's mixture of psychotherapy and behavioral therapy can be so effective. Psychotherapy places great importance on the idea of how much we place personal meaning on things, while behavioral therapy focuses on the relationship between our thoughts, and our behavior as well as our actions.

CBT allows the patient to breakdown problems that might seem overwhelming into smaller and more manageable bits ad achieve a positive outcome. Essentially, the therapist enables the patient to

determine which reactive feelings and responses are accurate. Questioning, how much is the patient's response based on reality which is why it often addresses what are called cognitive distortions such as, irrational beliefs, rumination and catastrophizing. If negative or harmful thoughts are not actually based on reality, CBT will enable the patient to hopefully thoughts and feelings into negative and positive ones. By learning to see negative patterns and understand them, you can change the way you are feeling.