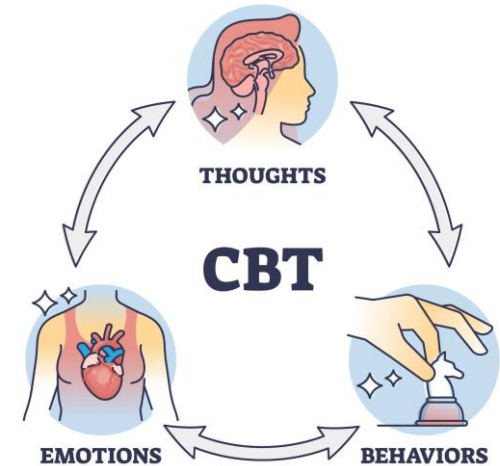

Cognitive Behavioural Therapy - Introduction

- CBT is a combined approach therapy.
- Cognitive therapy: The things you think.
- Behavioural therapy: The things you do.
- Talking based therapy
- In person therapy sessions.
- A lot of the practice is done in the real world outside of therapy.



Cognitive Behavioural Therapy – Development History

- Developed by Aaron T Beck in the 1960's/1970's.
 - Over 2000 clinical studies.
 - CBT has consistently shown to improve quality of life in anxiety patients. Hoffman et al (2014)
 - CBT and exposure therapy for General Anxiety Disorder. Borkovec et al(1993).
 - CBT and exposure therapy for Social Anxiety Disorder. Clark et al (2006).
 - CBT and Obsessive Compulsive Disorder. Mclean et al (2001)
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Cognitive Behavioural Therapy - Strengths

- CBT is incredibly versatile and comes in many different forms.
 - It is something that can be done independently.
 - CBT has been used for a wide range of disorders and found success.
 - CBT can be used for comorbid conditions.
 - Cognitive theories have proven fairly sound.
 - There is evidence supporting the CBT triangle.
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Cognitive Behavioural Therapy - Limitations

- Cognitive processes are not fully understood.
 - CBT doesn't really acknowledge certain things.
 - CBT is a very self reliant therapy.
 - It only gives what it is put in.
 - It is a confrontational therapy.
 - It doesn't seem to work for more complicated cases.
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- I confirm that no AI software was used in the process of creating my presentation nor the research conducted for it. I possess draft copies of my presentation and notes that I am able to present on request if required. (Thomas Jack Morgan).