

COGNITIVE BEHAVIOUR THERAPY

This study investigates the issues regarding anxiety before and after a cognitive behaviour therapy course's teaches you coping skills for dealing with situations and causes of problems that occur also lack of planning also information that is incorrect. This is a talking therapy that can help the way you think and behave and manage your problems.

How do adults make sense of problems . Problems are broken down into sections

Thoughts,emotions,actions,feelings cbt is a type of therapy a flexible therapy that can meet someone's particular needs It can be an effective way of treatment for a range of mental health problems . Sometimes anxiety can be linked with genetics showing that anxiety can in fact be caused with a family connection your chance of suffering with anxiety is two to six times higher

Cognitive behaviour therapy works on negative thought patterns It is a type of therapy that works by changing the way you think and behave to particular situations. Starting a new job, different environments doing something out of your comfort zone this can then lead to include episodes of panic attacks palpitations fear of social situations, depression you then sometimes have to examine your feelings and negative thoughts to remove oneself and to try and manage ones feelings everyone is different.

I recently done a study of research it was more of an observation I did ask them if they minded asking some questions about how they all felt which were all agreeable at my place of work regarding anxiety issues with staff who were all doing a course some had done it before others hadn't there were about 15 men and women surprisingly the women seemed to have more higher stress levels than the men due to physical symptoms blushing sweating felt as if they were being challenged this was not the case no studying unsure of the questions being a failure if they did not pass worried and feeling panicky .with levels of anxiety being high and can be come problematic to the individual that is experiencing them each individual responded differently to the related questions that were asked some people have trouble encoding information and find it difficult to pay attention can become easily distracted also make careless mistakes sometimes skipping from one question to another failing to pay attention However people can become exposed to the same anxiety behaviours but can act quite differently sometimes they can think it's a threat or a challenge I was able to state that women had much more higher anxiety levels than the men .After the research .Once we started things were fine as we were all there to give support to one another the outcome was good.

A course of cognitive behaviour therapy aims to try and stop negative cycles that make you have negative thoughts and the way you feel can sometimes help where available there are sessions that you can attend each session lasts for about an hour Working out ways to stop negative cycles and to try to learn to use coping strategies and different approaches also improve the way that you are feeling that may also be adding to your anxiety levels. Try to manage these levels in your everyday life everyone is different but talking and changing your routine can be needed. Some of the most successful treatment programmes for disorders have been based on a two phase approach change the procedures with cognitive behavioural procedures to control panic symptoms.t can be used with all ages therapy. Anxiety is an emotion this can become problematic to an individual who enough to be successfully treated with moderate anxiety but where the person has been suffering for a long time contained in the background of their mind for a long time will probably need longer sessions .You will also have to be committed to these sessions to get the most out of them and need to attend regularly and cooperate with the session this can sometimes have a better effect than starting or taking medication .a treatment it focuses on skills to try and improve your way of thinking and to start to return to things you stopped or tried to avoid because of dealing with anxiety issues.

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Research shows that cognitive behaviour therapy is one of the most effective ways to have treatment for individuals who are suffering with anxiety.

Thank you

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Ref

Anxiety Canada .congress 2010 pg. 72

[www. APA orge guidelines](#)

[www. Yale médecine](#)

[www. Sceintific american .com](#)