

History and Treatment of Cognitive Psychology

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Description

Cognitive Behavioral Therapy (CBT) was psychotherapy to support clients' responsibility and self-confidence in the change process and not just to give clients the answers to their problems. Building on past efforts to uncover the intricacies of Socratic in CBT by gathering the most up-to-date expert opinions on the definition, role, and application of Socratic presentation of central elements of the dialogue process and presentation of current empirical studies on behavioral design as a potential mechanism for the process of change in Socratic discussion. Through a better conceptual understanding of current issues and insights into the core processes of CBT, this special series also aims to encourage practitioners to ask more questions about their own practice, as well as gaps in the knowledge base. Existing and thus broadening the path for new scientific discoveries. Cognitive Behavioral Therapy (CBT) refers to a popular therapeutic approach that has been applied to a wide variety of problems. The aim of this review was to provide a complete overview of meta-analyses examining the effectiveness of CBT, personality disorders, anger and aggression, criminal behavior, general stress, suffering due to general illness, chronic pain and fatigue, ailments related to pregnancy complications and female hormonal imbalances. CBT ultimately aims to teach patients to be their own therapist by helping them understand their current thinking and behavior and providing them with the tools to change their maladaptive cognitive and behavioral patterns.

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The key elements of CBT can be divided into those that promote an environment of collaborative observation and those that support the structured and problem-oriented approach of CBT. It is based on

the collaborative therapeutic relationship in which the therapist and the patient work together as a team to identify incompatible cognitions and behaviors, test their validity, and make corrections if necessary. The process is designed to help patients define problems effectively and acquire skills to deal with those problems. CBT also relies on non-specific elements of the therapeutic relationship, such as sympathy, authenticity, understanding, and empathy. To help, the therapist first explains the rationale for the cognitive behavior model and illustrates the description using examples from the patient's own experience. The main focus of CBT is problem-oriented with an emphasis on the present. Instead of focusing on the causes of past ailments or symptoms, ways are required to improve the patient's current state of mind. A patient with obsessive compulsive disorder can reduce the time required to wash their hands from 5 hours per day to 1 hour per day at the end of the 3 weeks of therapy. The therapist helps the patient prioritize goals by analyzing a problem. CBT are structured to increase the efficiency of specific problems and possible solutions. CBT is primarily based on the concept that our thinking (cognition), our feeling (emotion), and our actions (behavior) interact with each other. In particular, our minds decided our emotions and aspirations to help people become aware after making terrible understandings and styles of behavior that enhance the misleading sensation. Cognitive remedies allow people to improve opportunities, sensation and motivation whose aspirations lessen their psychological distress.

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