

# The Cognitive Approach in Cognitive Behavioral Therapy

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## Editorial

Cognitive behavioural therapy (CBT) is a type of psychotherapy treatment that teaches people how to recognise and change harmful or troubling thought patterns that affect their behaviour and emotions. Cognitive behavioural therapy focuses on modifying automatic negative thinking that can exacerbate emotional problems, sadness, and anxiety. These irrational negative ideas have a negative impact on one's mood. CBT identifies these thoughts, challenges them, and replaces them with more objective, realistic ones [1].

Clinical innovators would combine these cognitive and behavioural techniques in the treatment of substance use disorder in the next decades, as well as incorporate other theories of how people create and modify problematic habits. This broad cognitive-behavioral umbrella encompasses many of the psychosocial (non-medication) treatments for substance use disorder that have been established [2].

The relationship between thoughts, emotions, and behaviour is explored in cognitive behavioural therapy (CBT). It is an organised, directive, time-limited method to treating a variety of mental health conditions. Its goal is to assist patients acquire more adaptive cognitions and behaviours in order to reduce discomfort. It's the most well-studied and empirically supported psychotherapy technique. Clinical recommendations, which prescribe it as a treatment for many common mental health issues, reflect this robust evidence foundation.

CBT is based on Beck's cognitive model of mental illness, which he pioneered. The cognitive model hypothesises that people's emotions and behaviours are impacted by their perceptions of events in their most basic form. It is not the situation itself that dictates how people feel, but rather how they interpret the situation. To put it another way, how people feel is determined by how they interpret situations rather than the situations themselves.

People create strict, conditional 'rules for living' known as dysfunctional assumptions. These may be unrealistic and, as a result, harmful. For example, "It's better not to attempt than to chance failing," as the saying goes. Negative automatic thoughts (NATs) are unintentionally aroused ideas that occur in particular conditions. Negativity, low self-esteem, and helplessness are common motifs in depressive NATs. When faced with a challenge, a NAT might be "I'm going to fail." Overestimation of risk and underestimate of ability to manage are common habitual thinking in anxiety disorders.

CBT is problem-focused, with a strong emphasis on the present. It concentrates on 'here and now' problems and difficulties, unlike some other talking treatments. It searches for solutions to improve a patient's current state of mind rather than focusing on the sources of discomfort or symptoms in the past. CBT entails setting mutually agreed-upon goals. SMART goals are those that are specific, measurable, achievable, realistic, and time-bound [3].

The goal of activity scheduling and graded task assignment is to improve functioning and promote joyful or productive experiences in a methodical way. Activity scheduling is a method of planning each day ahead of time. The therapist and the patient work together to condense the large number of chores into a manageable list, eliminating the need for repeated decision-making. The graded task assignments break down procrastination and anxiety-inducing circumstances into manageable steps. These techniques entail gathering a baseline of activities over the course of a day or week, rating activities for mastery and/or pleasure, and then collaboratively designing changes to reactivate the patient, stimulate a greater sense of enjoyment in life, or change isolation or procrastination patterns. These strategies assist patients in resuming daily routines, increasing enjoyable activities, and addressing issues [4].

CBT is a type of psychological treatment that has been shown to be useful for a variety of issues, including depression, anxiety disorders, alcohol and drug abuse issues, marital issues, eating disorders, and serious mental disease. CBT, according to numerous research studies, improves functioning and quality of life significantly. CBT has been shown to be as successful as, if not more effective than, other forms of psychological therapy or psychiatric drugs in numerous trials [5].

## Conflict of Interest

None.

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