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Publication

Jacqueline B. Persons, Craig D. Marker, Emily N. Bailey. "Changes in affective and ... 3%

u06d1 Discussion: Cognitive Behavioral Theory (CBT)

Name:

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Date:

Symptom Media Discussion

Cognitive behaviour therapy (CBT) was coined in the 1960s by Aaron Beck and is effective for several outcomes for psychiatric disorders, such as depression. Cognitive distortions are errors in judgement or reason in individuals with mental health issues, leading to flawed inferences or assumptions. CBT addresses depression by altering dysfunctional thoughts and beliefs through cognitive defusion and acceptance (Ryum & Kazantzis, 2024). As such, the ultimate treatment related to CBT is to help patients recognize and critically reevaluate cognitive distortions and maladaptive driving emotional disorders. As such, CBT helps to increase awareness and improve thoughts through cognitive restructuring, increase variations on how to respond to situations, choose realistic and strategic understandings aligned to treatment objectives and intrinsic values, and uphold best strategies through practice assignments (Ryum & Kazantzis, 2024). CBT assists in changing adverse thoughts with realistic cognitions through openness and curiosity toward thoughts and promotes positive changes relying on verbal communication in mental progressions targeting affect, thoughts, and situations.

As envisioned by Beck's CBT theory, evidence reveals a positive transformation in cognitive distortion and affective depression clinical manifestations after 12 sessions of treatment as examined using the Beck Depression Inventory (BDI) to monitor changes in treatment (Persons et al., 2023). According to the study, CBT strengthens the change process in depressed affect and distorted cognitions each herald and envisages the others. The evidence demonstrates reciprocal impact supported by data that CBT through cognitive restructuring targeting negative affect to target distorted cognitions leading to treatment of depressed symptoms. Compared to other psychological treatments, CBT has been used as an

evidence-based therapeutic process to conceptualize psychopathology tailored to unique patients influencing their sense of self, affect, behavior, and condition (Persons et al., 2023).

References

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