**PSYCHOLOGICAL THERAPIES**

**INTRODUCTION**

In this essay an effort has been made to understand the concept of Cognitive Behavioral Therapy (CBT) that has been applied as therapeutic approach to treat the depressed woman as mentioned in the case study. The study indicated how short-term CBT may be applied on depressed patient however, it may go for long time to make the patient feel better and CBT emphasizes on behavioral aspect of the patient to solve problems. It discussed how such therapy is effective and the patient begins learning and practicing new skill that is then applied into real world situations to get better.

**THE CONCEPT OF COGNITIVE BEHAVIORAL THERAPY (CBT)**

As per the case study Cognitive Behavioral Therapy can be an approach towards psychological therapy to help the patient come out from depression. This is a very useful to control anxiety and depression because the key problems according to the case study has been controlling the depression. However, everyone gets advantages from this cognitive behavioral therapy has situation that affects mental health. This may be an effective therapy to assists anyone learning about how stressful situations in life can be managed in a better way (Tsang et al., 2010).

Kazdin and Blase (2011) have stated that such underlying thought behind CBT remains that such thoughts as well as feelings can play a significant role towards behavior. For instance, when a person keeps spending very long time to think regarding plane crashes, air disasters and runway accidents can find him avoiding air travel. In this scenario, such problems must be sorted out by CBT which remains the goal of cognitive behavior therapy which teaches patients about the facts that when people may not control each aspect in the world they may control of the way they interpret as well as deal with such things in their surroundings. This cognitive model remains a theoretic paradigm to explain how such feelings, thoughts as well as behaviors are associated. Many individuals view that such situations may give an increase towards their emotions. Such cognitive model poses challenges subjective experience as well as suggests, that when situations give a rise to patient emotions- Individuals those are in depression or anxious incline towards inaccurate thinking. In such cognitive element of CBT, the training is given by a therapist to the patient towards such a specific skills which may assist such person to learn and improve her mood as well as change her behavior through modifying the way she thinks regarding situations.

**COGNITIVE BEHAVIORAL THERAPY (CBT) IN DEPRESSION**

Simons et al. (2010) in CBT such behavioral facet addresses about the way behaviors of the person impact mood. In this therapy therapist treats the patient for rising behaviors towards improving mood as well as minimize behaviors linked with negative mood. As demonstrated in the below mentioned figure 1, such change in behaviors may change feelings and thoughts. Such associations among thoughts, feeling as well as behaviors in CBT may be captured through social learning theory that recommends the possibility of a behavior which is decided by its consequences. For instance, a social learning theory indicates that such positive behavior like exercise may happen very frequently once patient feels pleasure as well as a sense satisfaction towards implementation physical activity. It remains the fundamental of behavioral activation.



Figure 1: Change in Behavior in CBT

Source: Muse (2013)

Orienting such patient towards therapy that comprises explaining cognitive-behavioral model as well as giving answers to questions that the woman may have regarding progress of therapy. Use of examples of patient to support explaining such cognitive-behavioral therapy will assist her to be capable of viewing how such model may function as well as how this may function towards other patients having similar problems. Usually, patients may think that such therapy remains a process in which they will get to learn and told what all should be done, what to escape without an emphasis on behavior change. In short term therapy, the patient with depression realizes that such therapy remains an association between such therapist as well as patient, where they function jointly so as to such patient may understand feelings as well as solve behavior related problems in a better way. It takes time to come out from depression and negotiating such time period a patient may require to constantly remain in this therapy. In case of short-term CBT, weekly individual session of 4 to 8 weeks can be normally attended by the patient. But, the magnitude of time spent in the therapy as well as number of days with in a week may be reevaluated periodically as well as adjusted in meeting the patient’s requirement and level of depression (Katon et al., 2010).

CBT Techniques that the Women Should Undergo to Come Out From Depression

1. She should locate behavioral problems and should brainstorm to get solutions about how to interact with her daughter in law and son to avoid future arguments.
2. She should read online journals with positive thoughts to overcome family issues.
3. She should learn to accept disappointment in her daily life as an usual part of life
4. She should create a new association in her neighborhood or online, chat with like-minded people and replace negative thoughts into positive.
5. Check self- statements, jot down them that are becoming too routine and it should be refreshed to new way of dealing people at home.

**EFFECTIVENESS OF COGNITIVE BEHAVIORAL THERAPY**

Cherry (2015) has stated discussing issues with the Patient remains a key aspect where majority of the patients wish to understand the way such person has been diagnosed. Explaining such disorder with context to cognitive as well as behavioral symptoms, in clarifying to what extent CBT can be effective to address the problems of the depressed person directly. Providing patients descriptions regarding common symptoms regarding disorder may also remain beneficial.

Rector et al. (2005) to fight with such destructive thoughts as well as behaviors, in the beginning a cognitive-behavioral therapist helps the patient to find problematic views. Such phase is recognized as functional analysis which is effective towards learning about how feelings, thoughts as well as situations may contribute towards maladaptive behaviors. Such process may be tough, especially towards patients those struggle with self-examination, however this may finally lead towards self-discovery as well as insights which remain vital aspect in the treatment process. In the next phase CBT focuses upon real behavior which can contribute towards problems. The patient starts learning as well as practicing new skill sets that may then put into practical environment to overcome depression (Muse and McManus, 2013).

**CONCLUSION**

It can be concluded by indicating that the behavioral related difficulties such as anxiety and depression may be treated with Cognitive Behavioral Therapy and it helps to come out from stressful situation. In the case study, the Woman is in depression and may develop inaccurate thinking. CBT therapy is effective and the element of CBT helps to give training through which therapist can assist to the woman to feel better by not reacting to certain uncontrollable situations.

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