

Cognitive Behavioral Therapy (CBT)

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CNL-500: Theories and Models of Counseling
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June 19, 2024

Identifying with CBT Concepts

1. CBT is a collaborative approach
2. Most effective treatment for anxiety disorders, depression, and PTSD
3. Empirically proven to be very effective
4. Widely recommended therapy due to its versatility and accessibility
5. Fast results

CBT & Human Nature

1. Focuses on thoughts and behaviors
2. Problem-solving focus
3. Adaptability & Education
4. Empowerment & self-efficacy
5. Evidence-based and logical
6. Focuses on the present

Dysfunction & Change

1. Behavioral change & resilience
2. Challenging negative beliefs
3. Developing coping skills
4. Setting realistic goals
5. Identifying dysfunctional thought patterns
6. Counselor dysfunction

Counselor & Client Roles in CBT

1. CB counselors are trainers & educators
2. CB counselors are directive advisors
3. CB counselors are accountable collaborators
4. CB clients are responsible participators
5. CB clients provide feedback
6. CB clients are committed collaborators

Diverse Populations and CBT

Strengths:

1. Gaining momentum with diverse clients
2. Cultural competence
3. Collaboration

Weaknesses:

4. Western influence
5. Clashing values
6. Geographic bias

Acceptance

1. Foster a non-judgmental, professional environment
2. Avoid value imposition, uphold ethical standards
3. Remain self-aware
4. Be sensitive, receptive, and considerate to client values and beliefs

Flexibility

1. Embrace ambiguity with an open mind
2. Form innovative solutions when facing challenges
3. Be open and inviting to multiple points of view and diverse cultural situations
4. Open to shifting their perspective and embracing change

Growth with CBT

1. Expand knowledge and set goals
2. Study CBT with other modalities
3. Self-reflection
4. Supervision
5. Feedback
6. Continuous education
7. Cultural competence

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