

Cognitive behaviour therapy

Cognitive behaviour therapy focuses on three different areas:

1. Cognition-the way we think when we are anxious and identifies thinking errors
2. Behaviour-what we do
3. Relaxation- learning de-stressing strategies, which can be used in stressful situations.

Psychological distress can be caused by distorted way of thinking. Through cognitive behaviour therapy people learn about their distorted pattern of thinking and how their mal-adaptive behaviour is reinforcing it.

CBT is helpful for people who suffer from depression and anxiety disorders. People who suffer from depression often have a negative view of self, world and future, which is based on flawed logics and self-defeating way of thinking. These negative assumptions are founded on past experiences. CBT focuses on flawed way of thinking.

Sessions are held on weekly basis and last between 45-60 minutes. CBT is time limited and lasts for 10-15 sessions. It concentrates on the problems and symptom reduction. In the initial assessment session problems are identified and goals are set. Therapist and patient work together to overcome the problems and patients are encouraged to undertake assignments at home allowing them to practice new behaviours in the environment in which the problems occur.

Tense-release technique. This helps to relax muscle tension. Patient is advised to start by tensing themselves from face muscles down to feet and to retain tension for a few seconds. Followed by relaxation of all muscles at once.

This is coupled with deep diaphragmatic breathing and visualization