

MFT– PSY 444 Psychotherapy

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Unity 7 – Questions - Cognitive Behavior Therapy

#1

Albert Ellis, Aaron Beck, and Donald Meichenbaum founded cognitive behavior therapy. The Cognitive-Behavioral viewpoint examines the connection between our thoughts, feelings, and behaviors. What a person believes will affect their emotions and will guide their behavior. The therapist's approach is to help his client to identify his lousy behavior and malefactor's thoughts and allow him to change them. The therapist will guide his client, believing that he can change himself. As Christian therapists, our beliefs must be aligned with the principles of the Word of God. The Bible says that it is essential that our thoughts must agree with God's truth. *“Do not act like the sinful people of the world. Let God change your life. First of all, let Him give you a new mind. Then you will know what God wants you to do. And the things you do will be good and pleasing and perfect” Romans 12:2.* However, there are conflicts, such as the emphasis on self-reliance and control, as Christians believe in trusting and relying on God. It's essential to evaluate theories using Biblical principles and not the lies the world is trying to implement into our lives. *“The devil has nothing to do with the truth. There is no truth in him. It is expected of the devil to lie, for he is a liar and the father of lies” John 8:44.* We live in a world reinforcing that man can change and make his own choices and decisions; as Christian therapists, we should be very cautious about how we should use cognitive therapy with our clients.

#14

REBT and Beck's Cognitive Therapy help treat emotional and behavioral problems. Even though they have some differences, therapists can combine parts of both approaches with supporting their clients in the best way possible. REBT and Beck's Cognitive Therapy are both ways of helping people with emotional and behavioral problems by changing negative thought patterns. However, they are different in various ways. REBT thinks negative beliefs cause emotional issues, while Beck's cognitive therapy thinks negative thoughts come from biased thinking. REBT lets people express emotions to challenge negative thoughts, while Beck's cognitive therapy focuses on directly changing negative thoughts. The therapist approach is more directive in REBT, while Beck's cognitive therapy is more collaborative. REBT changes irrational beliefs, while Beck's cognitive therapy modifies distorted thinking patterns. They commonly use homework, but REBT has more structured assignments, while Beck's cognitive therapy has more flexible ones.

#17

Strengths-based CBT (SB-CBT) is a cognitive therapy that aims to help individuals cope with their problems by building on their strengths and resources. This approach involves identifying and developing an individual's positive attributes and skills, such as problem-solving abilities and social support networks. SB-CBT is a collaborative and person-centered approach that focuses on finding practical solutions to problems, also challenging negative beliefs, and building positive emotions. What sets SB-CBT apart from other cognitive therapies is its emphasis on empowering individuals and finding solutions to problems by leveraging their

strengths and resources. This approach can benefit individuals who feel disempowered or overwhelmed by their challenges.

#19

Meichenbaum's cognitive narrative perspective is a therapy that helps people overcome challenges by changing their personal stories. Therapists who use this approach explore a person's past experiences and how they affect their current behaviors and feelings. By changing negative beliefs and self-talk, therapists help people create new, more positive narratives about themselves. This encourages people to take control of their lives and become more self-aware, improving their ability to cope with stress and challenges.