**Assignment**

**Topic:** **Cognitive Behavioral Therapy**

**Subject: CLIN & PSY INTERVENTION**

**Submitted to:** **Mam Fatima Khurram**

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**Cognitive Behavioral Therapy**

Cognitive Behavioral Therapy is a common type of talk therapy (Psychotherapy).You work with a mental health counselor Psychotherapist or therapist in a structured way, CBT helps you become aware of inaccurate or negative thinking. CBT can be a very helpful tool-either alone or in combination with other therapies-in treating mental health disorder such as: depression PTSD, or eating disorder. CBT can be an effective tool to help anyone learn how to better manage stressful life situation.

**Why it is done?**

Cognitive Behavioral Therapy is used to treat a wide range of issues. It is often the preferred type of Psychotherapy because it can quickly help you identify and cope with specific challenges. It generally requires fewer session then other types of therapy and is done in a structured way.

CBT is a useful tool to adverse emotional challenges for example, it may help you

* Manage symptoms of mental illness
* Prevent a relapse of mental illness symptoms
* Treat a mental illness when medication aren't a good option
* Identify ways to manage emotions
* Cope with grief or loss
* Cope with a medical illness
* Manage chronic physical symptoms.
* Overcome emotional trauma related to Abuse or violence
* Resolve relationship conflict and learn better way to communicate
* Learn techniques for copping with stressful life situations

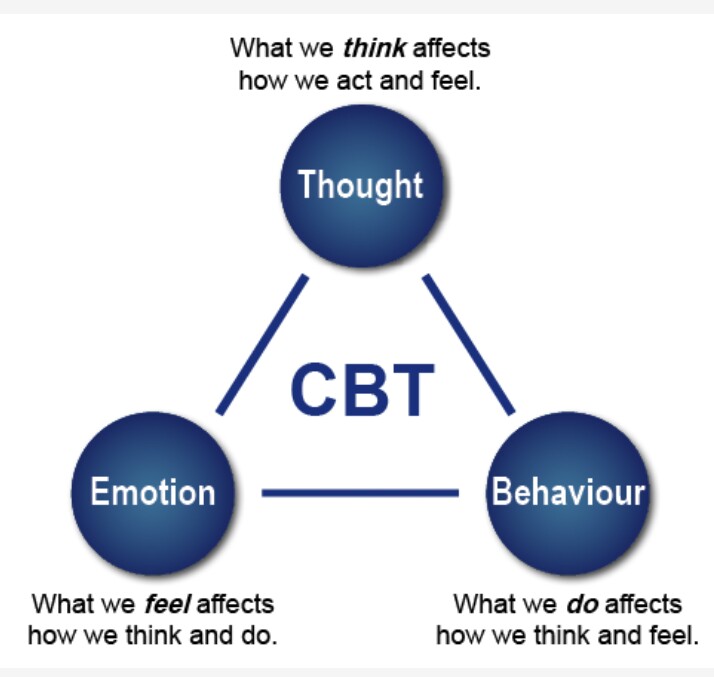
Mental health disorders that may impact with CBT include:

1. **Anxiety disorder**
2. **PTSD**
3. **Sleep disorder**
4. **Bipolar disorder**
5. **Schizophrenia**
6. **Sexual disorder**
7. **Depression**
8. **Obsessive compulsive disorder**
9. **Substance use disorder**
10. **Phobias**
11. **Eating disorder**

In some cases: CBT is most effective when it is combined with other treatments, such as antidepressants or other medications.

**Risks**:

There is little risk in a getting cognitive behavioral therapy. But you feel emotionally uncomfortable at times. This is because CBT can cause you to explore painful feelings, emotions and experience.you may cry get upset or feel angry during a challenging session.you may also feel physically drained.



**Model of CBT**