

Discuss in detail six cognitive distortions

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Cognitive Therapy Techniques Cognitive therapy is a psychotherapy method which was introduced by Aaron T. Beck an American psychologist. Cognitive therapy technique can be effectively used on people with many mental disorder like depression, anxiety disorder and bipolar. Cognitive therapy techniques which are used to treat a patient can vary and can depend on many factors. Some of the cognitive therapy techniques are cognitive behavioural therapy, environmental biological, supportive, interpersonal and experiential approach.

In the cognitive behavioural technique, the emphasis is given on the thoughts of the mentally ill patient. It means the way people identify their habits and tendencies are analyzed. The behaviour of the mentally ill patient is observed and studied to probe into their situation and suggest treatment. According to (Sharf, 2012, pg. 8) "Belief system and thinking are seen as important in determining and affecting behaviour and feelings"

Another technique which is the environmental approach, the environmental stressors which cause the psychological problem is investigated. In this case, the environment can be a stimuli for depression or other anxiety problem in a person.

In biological technique is the emotion, language, memory, attention, and perception of the patient is understood to identify their psychological functioning. Here the anatomy of the brain is studied to understand the underlying cause of the problem. Often the person is analysed for their chemical dependency to get an actual picture of the patient's condition. The other technique is the supportive method which is crucial technique cognitive therapy. Despite the effectiveness of the cognitive therapy technique, it is necessary to include a supporting factor in the treatment

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process to make the patient comfortable and relaxed.

The next technique is the interpersonal one, where the patient is encouraged to regain control over their emotion and moods.

The last and sixth technique is the experiential technique where the therapists observe and treat the patient with his experience within a realistic context.

Work Cited

Sharf, R. S. (2012). *Theories of Psychotherapy and Counselling* (5th ed., p. 8). Belmont: Cengage Learning.