# The value of Psychotherapy and Cognitive Behavior Therapy (CBT)

# Most of us agree blindly that if you have physical illness or pain, one should go to a medical doctor, clinic or to hospital. Those who have pain in their gum or teeth, understand the need to visit their dentist. However, when some of us encounter mental difficulties or similar challenges, they try to either self-medicate or ignore the problem – normally because of fear of stigma. Other reasons may be fear of the unknown for example.

# Psychotherapy involves a therapeutic relationship between the client and a trained professional, focusing on the client’s concerns. Sessions may be individual, one-to-one, or group sessions, like when a family or couple is involved. Normally, counseling focuses more on developmental issues such as identity, relationships and stress-management. On the other hand, psychotherapy focuses on more intense or problematic challenges such as depression, anxiety, and trauma. Psychotherapy and family therapy ultimately are about increasing the value of our lives. The professional helping relationship has the following advantages: a) Confidentiality: what is discussed in therapy is confidential, except when the client gives clear consent, when there is clear risk of harm to self or others, and during court subpoena witness case; b) Entire Focus is on client’s concerns; c) Specific professional training of licensed therapist (on-going formation is regular); d) Therapist can recognize problems that warrant referral (eg. for medications); e) more Objectivity, as the therapist is not personally involved with the client.

# Cognitive Behavior Therapy (CBT)

# Any psychotherapy follows a theory with a philosophical underpinnings. My theory of choice is CBT, which has its roots in cognitive and behavior theories. CBT is a solution-focused approach to treatment, oriented toward solving problems and learning skills. The goal of CBT is to help people get better and stay better, and its effectiveness has been demonstrated in thousands of clinical trials.

# Developed by [Dr. Aaron T. Beck](https://www.beckinstitute.org/about-beck/team/leadership/#Dr-Aaron-Beck), Cognitive Therapy (CT), or Cognitive Behavior Therapy (CBT), was developed in the 1960’s and has been extensively researched.

# CBT helps you become aware of inaccurate or negative thinking so you can view challenging situations more clearly and respond to them in a more effective way. Major irrational thinking patterns include: ‘all-or-nothing’ thinking, disqualifying the Positives, Negative Self-Labeling, and Catastrophizing.

# CBT can be a very helpful tool in treating mental health disorders, such as depression, post-traumatic stress disorder (PTSD) or an eating disorder. But not everyone who benefits from CBT has a mental health condition. It can be an effective tool to help anyone learn how to better manage stressful life situations.