

Hello Michael,

You have thoroughly covered the efficacy of CBT and some of the difficulties CBT therapists may face in various situations. David et al. (2018) observed that cognitive behavioral therapy (CBT) is the current psychotherapy holy grail since no other kind of psychotherapy is consistently superior to it. In other words, a number of research support CBT above alternative psychotherapies. Despite its efficacy, CBT therapists often find obstacles that must be addressed in order for CBT aims to be achieved. For instance, some of the difficulties you highlighted in group therapy include uneven engagement by all group members, less time with each person, and the propensity for group members to pick up undesirable behaviors or experiences from other group members. To properly treat these difficulties, it is crucial that the group therapist leads the group rather than allowing group members to direct the sessions. It is also essential to establish rules and norms before beginning the sessions (Malhotra and Baker,2022). This would guarantee that every member of the group participates. For instance, assigning each participant a certain amount of time to discuss their experiences, coping methods, or processes.

In family therapy, the therapist should encourage family members to understand their underlying problems and seek a solution cooperatively. In individual therapy, the therapist should prioritize creating a meaningful therapeutic connection since this will determine the effectiveness of the remaining sessions.

Thank you for sharing your knowledge, Michael.

References

David, D., Cristea, I., & Hofmann, S. G. (2018). Why Cognitive Behavioral Therapy Is the Current Gold Standard of Psychotherapy. *Frontiers in psychiatry*, 9, 4. <https://doi.org/10.3389/fpsy.2018.00004>

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