

Week 5 Discussion Post Cognitive Behavioral Therapy

Post an explanation of how the use of CBT in groups compares to its use in family or individual settings.

The use of cognitive behavioral therapy (CBT), has been shown to be successful in treating a variety of mental health conditions, including emotional disorders, anxiety, depression and is considered to be the gold standard in use of therapy (American Psychological Association, 2017). According to a client's demands, CBT, a short-term psychotherapy, typically lasts five to 20 sessions. CBT can be utilized with individuals or families and combines cognitive and behavioral therapy. While individual and family therapy have certain similarities and variations, CBT tries to confront or reframe problematic thinking or behavior by altering a person's or family's attitudes, behavior, or emotional response (Blackwell & Thomas, 2021).

Explain at least two challenges PMHNPs might encounter when using CBT in one of these settings.

The sub themes generated were 'complex presentation', 'emotional difficulties' and 'rigidity and resistance'. Patients have often learned unhelpful strategies for dealing with strong feelings, and how this may remind them of some very dangerous memories. Lack of intrinsic motivation to engage in treatment and a high resistance to change (Ferrito & Moore, 2017). Furthermore, fears about how strong emotion could possibly be handled safely seemed frequently reinforced in the wider environment, thereby promoting avoidance. The scale of each program makes a distinction between individual and family CBT. One person and the therapist make up an individual receiving CBT. Only the parents, children, partners, grandparents, aunts, uncles, cousins, friends, carers, and any relatives who work in the same field as the family may participate in family CBT. In all scenarios, the therapist must make an effort to form a therapeutic alliance, which entails developing a rapport based on respect, thoughtfulness, and trust. Through this process of therapy, the client(s) and therapist can start working together to address the client(s) needs for change. For both individual and family CBT, the direction of this development is different. Change in individual CBT is self-directed and personal. In an organized and open approach, the individual CBT therapist works with the client on a particular issue. The family is seen as a system of relationships in family therapy. The focus is on the relationships that are disrupting the system and how to alter these interactions to restore its functionality (David et al., 2018). Because a therapist is seeing a number of patients at once with group CBT, one point the therapist mentions is that this can assist lower therapy costs. While this might be true for group CBT, it might not be beneficial for a family to have family members meet up as a group for financial reasons alone (Guo et al., 2021). A family member who has a problem may require individual CBT because family CBT discusses how and why disorders may impair family connections.

Explain why each of your supporting sources is considered scholarly and attach the PDF of your sources.