

ABOUT CBT

In the 1960's Dr. Aaron Beck developed his approach called Cognitive Therapy which became known for its effective treatment of depression. According to the principles of cognitive therapy the way in which people interpret their experiences determines how they feel and act. We all have deeper beliefs and assumptions (Life scripts), cognitive structures based on which we organise our experience and behaviours. Our cognitive structures synthesise how we see ourselves, the world and other people. Our beliefs can get triggered by life events and can cause psychological distress. For example when we get depressed, hopelessness and self – blame cognitions predominate. As humans we have high level cognitive processes which also embrace inaccurate thoughts which become impaired in psychopathology and can lead to psychiatric disorders. Some of the Cognitive distortions include: Personalisation, Overgeneralization, Dichotomous thinking, Mind Reading and Negative labelling.

ABOUT REBT

The first discrete therapeutic approach to CBT was Rational Emotive Therapy (RET) – in the 1990's renamed to REBT (Rational Emotive Behaviour Therapy). REBT was originally developed by Dr. Albert Ellis in the mid 1950's. Ellis developed his approach in reaction to his disliking of the inefficient and in-directive nature of Psychoanalysis. Albert Ellis used the very well known ABC model to explain emotional disturbances. Albert Ellis and Aaron Beck, the two originators of CBT had been directly inspired by Ancient Greek and Roman Philosophy and in particular Stoicism. Epictetus (Stoic Philosopher) wrote: 'Men are disturbed not by things, but by the view which they take of them'. What occupies the REBT theory is the distinction between healthy and unhealthy negative emotions as well as the existentialism based acceptance beliefs. REBT argues that at the core of emotional disturbance lies a set of irrational beliefs that people hold about themselves, the world and others.

ABOUT EMDR

Eye Movement Desensitisation and Reprocessing is a psychotherapy treatment that was originally designed to alleviate the distress associated with traumatic memories. It was developed originally by Dr Shapiro in the late 1980's. EMDR is guided by the Adaptive Information System which posits that EMDR facilitates the accessing and processing of traumatic memories to bring these to an adaptive resolution. The Adaptive Information Processing Model (AIP) is consistent with neurobiological theories of reconsolidation of memories. Processing of memories is understood to involve the forging of new associations and connections enabling learning to take place with the memory when stored in a new adaptive form. EMDR has found widespread acceptance by much of the clinical community. It's a protocol based therapy which has been found to be highly efficient not only with traumatic memories but also with a variety of Anxiety Disorders. EMDR is recommended by the UK's National Institute of Health and Clinical Excellence (NICE) for Post – Traumatic Stress Disorder (PTSD).

WHY CBT

Cognitive Behavioural Therapy is growing in popularity as an efficient and long standing treatment for a big variety of psychological problems. It's a highly evidence based psychotherapy based on empirically supported cognitive theories of emotional disorders and has been subjected to rigorous efficacy outcome research in the treatment of a plethora of anxiety disorders such as Obsessive Compulsive Disorder (OCD) as well as depression and PTSD (Post Traumatic Stress Disorder). While psychiatric medications are commonly the first line of treatment, pharmacotherapy might not completely eradicate the symptomatology or causes of the psychological problems. CBT it's a challenging, structured, directive, solution focused and empathic type of therapy that helps you to knock your emotional daemons on the head. Self help assignments are a crucial part of therapeutic process as putting therapy into practise outside therapy will help you to consolidate therapy effects. Actions speaks louder than words and translating new beliefs into actions help you to consolidate healthy emotional responses to others and life. An often complain I hear from clients is that CBT ignores their past. CBT doesn't ignore your past; it is interested on how your past is represented in your present by concentrating on how your current thinking and behaviour cause your current emotional difficulties.