

## BRIEF INTRODUCTION TO COGNITIVE BEHAVIOR THERAPY (CBT)



Authored by  
**Dr. Najwan Al-Roubaiy**  
BSc (Hons), MSc, ClinPsych, PhD  
Psychologist

Cognitive Behavior Therapy (CBT) is generally considered the psychotherapy with the largest evidence base (Butler et al., 2006; Dobson & Dobson, 2009). However, CBT is not a single form of psychotherapy and is generally classified in terms of waves. The first wave took the form of Behavior

Therapy (Wolpe, 1958); then came the second wave of CBT with Ellis (1958) and Beck (1963); and finally, the third wave therapies such as Acceptance and Commitment Therapy (ACT; Hayes, 1999). The most influential CBT approach to this date is that of Aaron Beck (1963, 1964, 1976) which is often referred to as mainstream CBT, or simply CBT in psychotherapy literature (Westbrook, Kennerley, & Kirk, 2007). It is worth noting that

when one reads about the large evidence base behind CBT, it is mainly Beck's CBT that is being referred to. Simply put, CBT aims to help clients identify and dispute the validity behind some of their dysfunctional thoughts and maladaptive behaviors – while encouraging clients to adopt healthier perspectives.

Among other things, CBT entails using guided discovery, cognitive restructuring, reflective diary keeping, homework assignments, exposure (imaginal and in vivo), and behavioral experiments (Westbrook, Kennerley, & Kirk, 2007). CBT focuses on the specific details of how a client is suffering from an issue, even if this issue reflects a distinct psychiatric diagnosis (i.e. therapists are guided by case formulations in treatment not diagnostic categories). CBT sessions can range anywhere between 6 and 20 sessions depending on the severity of the client's problems. In some cases, CBT sessions can be even longer as some clients require more motivational and psychoeducational work before engaging fully and actively in the process of therapy.



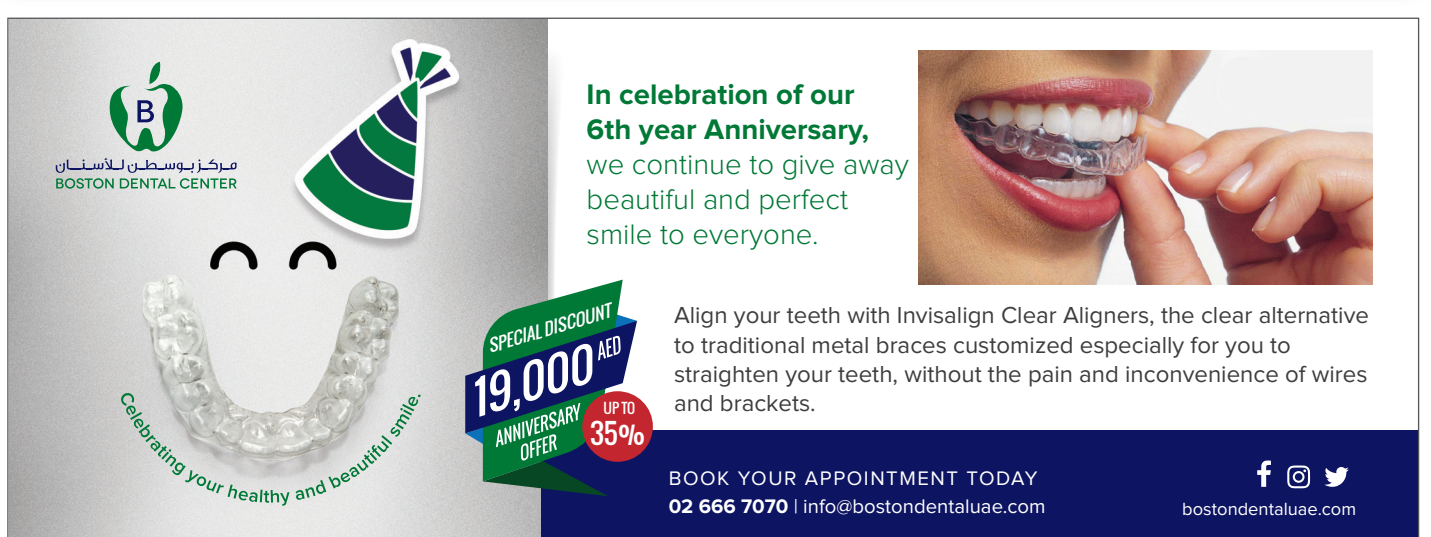
Third wave CBT approaches such as ACT (Hayes, 1999, 2004), Dialectic Behavior Therapy (DBT; Linehan, 1993), and Mindfulness-Based Cognitive Therapy (MBCT; Segal, Williams, & Teasdale, 2001) have great potential but they are not more effective than mainstream CBT (Churchill et al., 2013). Furthermore, many of the theories behind third wave CBT were largely borrowed from Rational Emotive Behavior Therapy (REBT) which was created by Albert Ellis in the 1950s (Ellis, 2004; Velten, 2007).



عيد مبارك  
Eid Mubarak

AMERICAN CENTER  
PSYCHIATRY & NEUROLOGY

f @ t in v /acpnuae  
800 ACPN (2276) | info@americancenteruae.com  
www.americancenteruae.com



مرکز بوسطن للأسنان  
BOSTON DENTAL CENTER

In celebration of our **6th year Anniversary**, we continue to give away beautiful and perfect smile to everyone.

Align your teeth with Invisalign Clear Aligners, the clear alternative to traditional metal braces customized especially for you to straighten your teeth, without the pain and inconvenience of wires and brackets.

**SPECIAL DISCOUNT**  
**19,000 AED**  
**ANNIVERSARY OFFER** UP TO **35%**

BOOK YOUR APPOINTMENT TODAY  
02 666 7070 | info@bostondentaluae.com

f @ t  
bostondentaluae.com

Celebrating your healthy and beautiful smile.